

FREE! LEISURE GUIDE

Winter 2023



It's Snowtime!

There's so much to do in Saskatoon
in winter. p 3



We've gone digital!

All of the great arts, culture and recreation programs listed in the *Leisure Guide* are also available online, anytime.



View the current Leisure Guide online

saskatoon.ca/leisureguide



Browse and register for Registered Programs with Leisure Online

saskatoon.ca/leisureonline



Check out Drop-in Program times and locations on Leisure Online

saskatoon.ca/leisureonline



Connect with your neighbourhood Community Association to see what they have to offer this season

saskatoon.ca/communityassociations



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, Indoor Rinks, Golf Courses, Saskatoon Forestry Farm Park & Zoo, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

Bulk Tickets Get 10 tickets for less than 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.

saskatoon.ca/admissions



LEISURE CENTRES

The City of Saskatoon Leisure Guide is your community source for sports, culture and recreation programs in Saskatoon!

Find a variety of Registered and Drop-in Programs designed to help you get fit or learn a new skill. You'll also find out about sports, culture and recreation opportunities offered by community organizations throughout the city.

The Leisure Guide is available each season two weeks in advance of program registration and can be picked up at any City leisure facility, Saskatoon public library or wherever the StarPhoenix is sold. The Guide is also available online at saskatoon.ca/leisureguide.



Mark your calendars!

- ✓ Registration for Winter programs begins Sunday, December 4, 2022.
- ✓ 2023 Spring/Summer Leisure Guide available Friday, March 3, 2023.

Wheelchair Accessibility and Individuals with Special Needs

The City of Saskatoon works to remove barriers to full participation. People with special needs are invited and encouraged to participate in all Recreation & Community Development programs. Please contact the site you are registering at to let us know if you or a member of your family requires assistance to participate in a program. Every effort will be made to address individual needs and ensure a positive experience for all program participants. Accessibility to our facilities is provided with wheelchair ramps, elevators, zero-depth pools, a portable aquatic lift (Shaw Centre) and other amenities.

Should you require assistance to participate in the program of your choice, or would like further information on any of our facilities, call 306-975-3392.

Get in the Guide!

Interested in advertising your community-based sport, culture or recreation organization? Call the Saskatoon StarPhoenix at 306-657-6206.

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Winter 2023 Leisure Guide cover photo taken at Pierre Radisson Park. Visit saskatoon.ca/winteractivities to learn more about winter activities and events happening around Saskatoon this season.

RECREATION MAP

Find Your Fun!

The City of Saskatoon offers a variety of sport, culture and recreation programs and activities at various leisure facilities located throughout the city.



Visit saskatoon.ca for more information.

INDOOR LEISURE CENTRES

- 1 **COSMO CIVIC CENTRE** 6
3130 Laurier Drive
- 2 **HARRY BAILEY AQUATIC CENTRE** 7
1110 Idylwyld Drive North
- 3 **LAKEWOOD CIVIC CENTRE** 7
1635 McKercher Drive
- 4 **LAWSON CIVIC CENTRE** 8
225 Primrose Drive
- 5 **SASKATOON FIELD HOUSE** 8
2020 College Drive
- 6 **SHAW CENTRE** 9
122 Bowlf Crescent
- 7 **TERRY FOX TRACK** 9
150 Nelson Road

ICE SKATING

- 8 **ACT ARENA** 31
107-105th Street
- 9 **ARCHIBALD ARENA** 31
1410 Windsor Street
- 1 **COSMO ARENA** 31
3130 Laurier Drive
- 10 **GORDIE HOWE KINSMEN ARENA** 31
1405 Avenue P South (*Rentals only*)
- 11 **LIONS ARENA** 31
2205 McEown Avenue
- 12 **CLARENCE DOWNEY SPEED SKATING OVAL** 32
Dudley Street & Avenue R South

OUTDOOR RINKS

Saskatoon's Community Associations own and operate over 50 outdoor rinks throughout the city for the public to enjoy. Visit pages 35-40 or check your Community Association's website or Facebook page for more information.

OTHER ATTRACTIONS

- 13 **SASKATOON FORESTRY FARM PARK & ZOO**, 1903 Forestry Farm Park Drive 33
- 14 **OUTDOOR FITNESS CIRCUIT AT RIVER LANDING**
- 15 **NUTRIEN PLAYLAND AT KINSMEN PARK** *Closed for the season.*
945 Spadina Crescent
- 16 **GORDON HOWE CAMPGROUND** *Closed for the season.*
1640 Avenue P South (off 11th Street)

GOLF COURSES

Closed for the season.

- 17 **HOLIDAY PARK GOLF COURSE**
1630 Avenue U South (off 11th Street) *Groomed Ski Trails!*
- 18 **SILVERWOOD GOLF COURSE**
3503 Kinnear Avenue
- 19 **WILDWOOD GOLF COURSE** *Groomed Ski Trails!*
4050 8th Street East

OUTDOOR POOLS

Closed for the season.

- 20 **GEORGE WARD POOL** 1915 5th Street East
- 21 **LATHEY POOL** 815 Taylor Street
- 22 **MAYFAIR POOL** 1025 Avenue F North
- 23 **RIVERSDALE POOL** 822 Avenue H South

DOG PARKS

- 24 **AVALON**
South end of Broadway at Glasgow Street
- 25 **CASWELL**
Avenue F North and 31st Street West
- 26 **CHIEF WHITECAP**
Access via Saskatchewan Crescent off of Cartwright Street
- 27 **FRED MENDEL**
Avenue W South and 17th Street West
- 28 **HAMPTON**
North on Range Road 3060 near the airport
- 29 **HYDE**
South end of Hyde Park adjacent to Boychuck Drive
- 29 ***New!* HYDE (SMALL DOGS ONLY)** *Opening soon!*
North end of Hyde Park adjacent to Boychuck Drive
- 30 **PAUL MOSTOWAY**
Richardson Road east of McClocklin Road
- 31 **PIERRE RADISSON**
Between 32nd Street and 33rd Street at Faulkner Crescent
- 32 **SILVERWOOD**
Access off Kinnear Avenue or the east end of Adilman Drive
- 33 **SOUTHWEST**
Off Valley Road, near Cedar Villa Estates
- 34 **SUTHERLAND BEACH**
West off Central Avenue just north of Attridge Drive
- 35 ***New!* CHARLOTTETOWN (SMALL DOGS ONLY)** *Opening soon!*
Off Bennet Place, near Cosmo Civic Centre

Find Your Fun!

Saskatoon has six indoor Leisure Centres located throughout the city, plus the Terry Fox Track. More than just a gym, each Centre is unique and features amenities like swimming pools, waterslides, indoor tracks, gymnasiums, sport courts, fitness and weight rooms, child minding and even a skating rink and wave pool!

Leisure Centres offer fun and fitness for all ages and abilities. Learn more about Drop-in and Registered Program opportunities on pages 12-30 or visit saskatoon.ca/leisurecentres.



LEISURE CENTRES

COSMO CIVIC CENTRE (CCC)



3130 Laurier Drive • 306.975.3344 • saskatoon.ca/cosmo

Workout in the fitness and weight room, hit the walleyball court or go for a skate - all under the same roof. Cosmo has both Registered and Drop-in Programs for adults and children, space for meetings or birthday parties and the Carlyle King Branch Library** is a popular stop.

HOURS OF OPERATION*

Monday to Friday 9:00 AM-10:00 PM

Saturday 9:00 AM-6:00 PM • Sunday 12:00 PM-6:00 PM

*Closed on statutory holidays. *Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.*

***Visit saskatoonlibrary.ca for library hours and programming information.*

FACILITY FEATURES

- Gymnasium • Fitness & Weight Room • Rink
- Racquetball & Walleyball Court • Lockers
- Meetings Rooms • Theatre • Library
- Multi-Purpose Room • WiFi available



HARRY BAILEY AQUATIC CENTRE (HBC)



1110 Idylwyld Drive • 306.975.3321 • saskatoon.ca/harrybailey

The zero-entry beach area, high diving boards and climbing wall are exciting for swimmers of all ages and skill levels. The pool is a favourite for speed and synchronized swimmers, aspiring divers and water polo teams. Just minutes from downtown, the weight room is perfect for a quick lunchtime workout. A popular spot for registered swimming lessons and Drop-in Aquatic Programs.



HOURS OF OPERATION*



Harry Bailey Aquatic Centre is scheduled to undergo a major upgrade and facility closure. The facility will be open to the public until December 1, 2022. This project is expected to take approximately 18 months.

Monday & Wednesday 6:00 AM-9:00 PM

Tuesday & Thursday 6:00 AM-9:30 PM

Friday 6:00 AM-10:00 PM

Saturday 9:00 AM-9:00 PM

Sunday 10:00 AM-8:00 PM

**Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.*

FACILITY FEATURES

- 8-lane Competitive Pool • Diving Boards & Platforms
- 6-lane Warm-Up Pool • Tot Pool with Spray Features
- Hot Tubs & Sauna • Multi-Purpose Room
- Zoom Slide & Climbing Wall • Lockers • WiFi available
- Poolside Deck & Viewing Area • Fitness & Weight Room

LAKEWOOD CIVIC CENTRE (LWC)



1635 McKercher Drive • 306.975.2944 • saskatoon.ca/lakewood

Float past the tropical trees, ride the waterslide and enjoy the water features of the beach-entry pool. Be sure to also stop at the Cliff Wright Branch Library**.

HOURS OF OPERATION*

Monday to Friday 6:00 AM-10:00 PM

Saturday 8:30 AM-8:00 PM • Sunday 10:00 AM-6:00 PM

**Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.*

***Visit saskatoonlibrary.ca for library hours and programming information.*

FACILITY FEATURES

- Zero-depth Leisure Pool • Hot Tub
- Water Features with 150 ft Waterslide
- Sauna • Gymnasium • Lockers • WiFi available
- Multi-Purpose Room • Preschool Room • Library
- Fitness & Weight Rooms • Poolside & Outdoor Decks
- Meeting Room



Check out Drop-in Program times and locations on Leisure Online.

saskatoon.ca/leisureonline

LAWSON CIVIC CENTRE (LCC)



225 Primrose Drive • 306.975.7873 • saskatoon.ca/lawson

Ride the waves to fun in Saskatoon's only wave pool! Drop in for a fitness class, watch swimming lessons from the treadmill or bring your kids to enjoy the indoor playground. Complete your visit with a browse through the Rusty MacDonald Branch Library**.

HOURS OF OPERATION*

Monday to Thursday 6:00 AM-10:00 PM

Friday 6:00 AM-9:00 PM

Saturday 9:00 AM-06:00 PM

Sunday 10:00 AM-6:00 PM

*Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.

**Visit saskatoonlibrary.ca for library hours and programming information.

FACILITY FEATURES

- Zero-depth Wave Pool • Water Features
- Hot Tub • Multi-Purpose Room
- Indoor Playground • Fitness & Weight Room
- Poolside & Outdoor Decks • WiFi available
- Lockers • Library • Cafeteria



SASKATOON FIELD HOUSE (SFH)



2020 College Drive • 306.975.3354 • saskatoon.ca/fieldhouse

Focus on health and wellness with fitness equipment, a track, sports courts and fitness classes — all under one roof. The six-lane track is great for walkers, joggers, runners and strollers too. Fitness classes range from high-intensity spin classes, to Fit Over 50 programs, to yoga. Challenge a friend to a round of badminton or pickleball on the sports courts when drop-in time is available.

HOURS OF OPERATION*

Monday to Friday 6:30 AM-10:00 PM

Saturday & Sunday 9:00 AM-5:00 PM

*Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.

FACILITY FEATURES

- 6-lane, 200 metre Indoor Track
- Indoor Courts • Dance Studio
- Lockers • Fitness & Weight Room
- Steam Room/Sauna
- Multi-Purpose Rooms
- Child Minding Rooms
- WiFi available



saskatoon.ca/facilityrentals

Leisure Centres can accommodate groups for almost every kind of occasion. See page 34.

SHAW CENTRE (SCC)



122 Bowlf Crescent • 306.975.7744 • saskatoon.ca/shawcentre

Children love the water sprayers, floating around the rapids and watching the colourful water buckets fill and tip. The waterslide is fun for all with a shallow exit that is perfect for little ones. The fitness centre overlooks the pool and offers excellent variety for your workout, offering weight machines, free weights and treadmills, ellipticals, rowers and cycling. Walkers, joggers, runners and strollers are welcome on the walking track. The Shaw Centre also offers a variety of aquatic and dryland fitness classes. Check the schedule – you may catch a world-class aquatic event in the competitive pool!

HOURS OF OPERATION*

Monday to Friday 6:00 AM-10:00 PM

Saturday 8:30 AM-9:00 PM

Sunday 9:00 AM-8:00 PM

**Facility hours are subject to change.*

Check out Drop-in Program times at saskatoon.ca/leisureonline.

FACILITY FEATURES

- 10-lane High Performance Competitive Pool
- Diving Boards & Platforms • 6-lane Warm-Up Pool
- Family Pool with Waterslide & Water Features
- Portable Aquatic Lift • Family & Adult Hot Tubs
- Fitness Centre • Walking Track
- Western Fitness Refueling Zone (vending machines)
- Community Gymnasiums • Multi-Purpose Room
- Child Minding Room • Large Playground***
- Multi-Purpose Fields*** • Lockers

***Outdoors



TERRY FOX TRACK (TFT)



150 Nelson Road (inside the Saskatoon Sports Centre)
306.975.3354 • saskatoon.ca/terryfoxtrack

HOURS OF OPERATION*

Monday to Friday 10:00 AM-1:00 PM* & 4:00 PM-8:00 PM

Saturday & Sunday 10:00 AM-4:00 PM

Closed on statutory holidays.

**Facility hours are subject to change.*

FACILITY FEATURES

- 2-lane, 365 metre Indoor Track
- Cafeteria (Lobby)
- Lockers



Check out Drop-in Program times and locations on Leisure Online.

saskatoon.ca/leisureonline

All general, Bulk Ticket and LeisureCard admission options provide access to Leisure Centre program offerings including: public, family and lane swimming; aquafitness and fitness classes; indoor walking and jogging tracks; fitness and weight rooms; suspension training; open gym, racquet and court sports; and indoor playgrounds for ages seven and under.

To learn more about admission options, visit saskatoon.ca/admissions or contact any Leisure Centre (pages 6-9).

GENERAL ADMISSION

No membership required! Simply pay a general admission to enjoy any indoor Leisure Centre.

	Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family
Single Admission	\$10.25 [†]	\$6.15	FREE	\$20.50
Bulk Tickets (10)	\$79.50	\$47.50	FREE	\$159.00

Prices include applicable taxes.

What is a Bulk Ticket?

Buy 10 general admissions for the price of eight! Bulk Tickets never expire and are transferable to family and friends. They also make great birthday gifts or additions to treat bags.

Last Hour Promotion

Take advantage of the last hour of operation at any Leisure Centre fitness and weight room, walking track and open gym, seven days a week for a \$3.50 admission. Excludes swimming pools, the Terry Fox Track, and badminton and pickleball at Saskatoon Field House.

Child Minding

Child Minding is included FREE with a Family General Admission and Family Bulk Ticket purchase.

General Admission is non-refundable.

[†] General Admission to the Terry Fox Track is \$4.35. Price includes applicable taxes.

GIFT CARDS

Leisure Gift Cards are available in any amount and perfect for all ages. Good for use at the Leisure Centres, Outdoor Pools, Indoor Rinks, Saskatoon Forestry Farm Park & Zoo, Golf Courses, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

CHILD MINDING

Child Minding provides a safe and fun environment for children six years of age and under while their parent or guardian participates in a Leisure Centre activity. Offered at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre. For hours visit saskatoon.ca/leisureonline.



	First Child	Each Additional Child
General Admission	\$3.70/hr	\$2.20/hr
Bulk Ticket (10 hours)	\$30.00	\$18.00

Prices include applicable taxes.

FREE with a Family LeisureCard, Family Bulk Ticket or Family General Admission.

THE FINE PRINT

Family Rates Family is defined as a group up to seven individuals with a maximum of two adults.

Children Under 6 Years Children under the age of six are admitted FREE of charge when accompanied by a parent or guardian. To help children stay safe in and around the water, the City requires that all participants comply with the following policy: "For every two children under the age of six, there must be one adult or responsible youth (16 years or older) within arm's length, supervising the children's water play and activity." The best life preserver for your child is YOU! Infants and toddlers participating in water play must wear an appropriate swim diaper.

Youth Use of Fitness & Weight Rooms Youth ages 7-12 are allowed to use cardio equipment only and must be directly supervised by an adult. Youth ages 13-15 are allowed to use cardio and strength equipment and must be directly supervised by an adult (unsupervised if they have a Youth Weight Room Card). Youth must be 16 and older to participate in an instructor led fitness program.



LEISURECARD

A LeisureCard provides unlimited access to all six Leisure Centres, plus the City's outdoor pools, indoor rinks and Terry Fox Track. It's the best discount admission option for those who visit a Leisure Centre more than two times per week.

	Adult (19+)	Youth (6-18 yrs)	Family
LeisureCard* (Monthly Rate)	\$52.00	\$31.20	\$104.00
2-Week Trial Pass	\$26.00	\$15.60	\$52.00

Prices include applicable taxes.



Corporate LeisureCard

If your company or organization has an office located in Saskatoon and 25 or more employees, there's an exciting new Corporate LeisureCard for you! The Corporate LeisureCard provides a 20% discount on all LeisureCards for employees and their families and there is no fee for businesses to register.

For more information visit saskatoon.ca/corporateleisurecard.



Weight Room Orientation

A 20-minute fitness and weight room orientation is provided with the purchase of every LeisureCard.



2-Week Trial Pass

Not sure if a LeisureCard is right for you? Try it out for two weeks at a discounted rate!

For new LeisureCard customers only. Must present valid photo ID at time of purchase. Non-refundable, non-transferable and no extension for medical, vacation or facility shutdowns.



Child Minding

Child Minding is FREE with the purchase of a Family LeisureCard.

* LeisureCards are non-transferable. Refunds not available for one-month cards. Payment plans available for six and 12-month cards.



LeisureCard Reward Programs

PICK YOUR PERK

Being a 12-month LeisureCard holder has its perks! Simply sign up for a 12-month LeisureCard, pay either in full or installments, and if your card is still active at the end of its term you will be eligible to pick from one of the following:

Perk 1 Early Bird Registration. Enjoy a full-year of 24-hour advance registration access for leisure programs, including swimming lessons!

Perk 2 12 months for the price of 11. Renew your 12-month LeisureCard for the price of 11 months.

Perk 3 \$52 PerkCard. Give as a gift or keep for yourself. The promotional \$52 PerkCard is valid for one year and can be used towards purchases* at the following leisure facilities:

- Leisure Centres • Outdoor Pools • Municipal Golf Courses
- Nutrien Playland at Kinsmen Park • Gordon Howe Campground
- Saskatoon Forestry Farm Park & Zoo • Indoor Rinks

**some facility-specific restrictions apply.*

REFER A FRIEND

Attention LeisureCard holders! Recommend a LeisureCard to friends and family and if they purchase three months or more your current LeisureCard will be extended by one month!

Some restrictions apply.

For more information on LeisureCard Reward Programs, contact any Leisure Centre (see pages 6-9) or visit saskatoon.ca/admissions.



LEISURE ACCESS PROGRAM

The Leisure Access Program provides access for eligible low-income residents within the city to participate in City of Saskatoon leisure facilities and programs. The program includes unlimited admission to Drop-in Programs at one of six Leisure Centres, one registered recreation program per year, complimentary ride tickets for Nutrien Playland at Kinsmen Park and single-use family passes* to Nutrien Wonderhub, Remai Modern and the Western Development Museum. Free child minding is available for children six years of age and under at Lakewood Civic Centre, Shaw Centre and Saskatoon Field House while their parent or guardian participates in a Leisure Centre activity.

To review eligibility criteria or apply online, please visit saskatoon.ca/leisureaccess. Application forms are also available at any Leisure Centre. For further information about the Leisure Access Program call 306-975-3383 or email leisureaccess@saskatoon.ca.

* Family passes are available while supplies last.



Drop-in Programs

Short on time or scared to commit? Drop-in Programs offer the flexibility of swimming or working out when it is convenient for you. All general, Bulk Ticket and LeisureCard admission options provide drop-in access to Leisure Centre program offerings, including:

- public, family and lane swimming
- aquafitness and fitness classes
- indoor walking/jogging tracks
- fitness and weight rooms; suspension training
- open gym, racquet and court sports
- indoor playground (ages seven and under)

Winter Drop-in Programs run from January 1 to March 31. Check out Drop-in Program times and locations at saskatoon.ca/leisureonline.

*Search for
Drop-in Programs
Online!*



Search for drop-in program information, including facility, fitness and weight room hours, public swim sessions and fitness programs on Leisure Online at saskatoon.ca/leisureonline.

NOTE: Some drop-in programs have limited space and patrons are required to reserve a spot either online at saskatoon.ca/leisureonline or by phoning the Leisure Centre that offers the program. Drop-in programs requiring a reservation are noted on Leisure Online and can be booked up to 2 days in advance. New sessions open for booking at 9:00 a.m. each day.

To cancel an online booking or for general inquiries, please call any Leisure Centre during regular hours of operation (pages 6-9).

LEISURE CENTRE DROP-IN PROGRAMS

PROGRAMS & ACTIVITIES

Bonus December Programming!

During the holiday season additional public swimming, public skating and open gym times are offered at our leisure facilities.

Visit saskatoon.ca/leisureonline for additions to the drop-in schedule.

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Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for a 90-minute session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. Whether you've been a customer for many years, or are brand new to the Leisure Centres, this is the perfect setting to get started.

Sessions will be offered at Lakewood Civic Centre, Lawson Civic Centre, Shaw Centre and Saskatoon Field House. Visit page 26 for more information.

Racquetball Racquet sport played in a four-walled court. Bring your own equipment. **CCC**

Teen Open Gym 10-18 yrs. Play basketball with your friends or participate in your favourite gym activity. Supervised by facility staff. **FREE! CCC**

Walleyball Walleyball court rentals are available in one-hour blocks for \$19.60/hour. Call Cosmo in advance to reserve a court. **CCC**



SWIMMING

Includes access to pool area and amenities during public open times.

Aqua Walk Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed. Deep Water Aqua Walk is available at Lawson Civic Centre. **LWC, LCC, SCC**

Family Swim* Time for families only. **LWC, LCC, SCC**

Lane Swim Self-directed swimming for fitness. 25m and 50m lanes (50m available only at SCC). **LWC, LCC, SCC**

Parent & Tot Swim* Pool time for parents with children under six. **LWC, LCC, SCC**

Public Swim* Open time for everyone. **LWC, LCC, SCC**

**Refer to The Fine Print below for the Preschool Policy.*

CCC Cosmo Civic Centre
HBC Harry Bailey Aquatic Centre
LWC Lakewood Civic Centre
LCC Lawson Civic Centre
SFH Saskatoon Field House
SCC Shaw Centre

RECREATION & SPORT

Includes access to fitness and weight rooms, indoor tracks and other amenities.

Badminton Birdies and racquets not provided. Birdies can be purchased from Customer Service. Book a court up to two days in advance. **SFH**

Basketball An opportunity to play pick-up games. **LWC, SCC**

Family Gym Participate together as a family in the gym. Sports equipment is provided for use. **LWC**

Indoor Playground 7 yrs & under. Climb, slide and run around in a space filled with toys and play equipment. Adult supervision required. **LWC, LCC, SCC**

Indoor Play Zone 6 yrs & under. Prepare to enter the zone of endless fun and giggles, where kids can run, climb and play to their heart's content in a large space filled with balls, hoops, tunnels and more! Parents/guardians must be present. **LWC, LCC**

Pickleball Combines elements of tennis, badminton and ping pong. Racquets not provided. Book a court up to two days in advance. **CCC, LWC, SFH**

Public Gym Participate in your favourite gym activity. **LWC, SCC**

THE FINE PRINT

Instructor-led Fitness Classes A separate admission fee (General Admission, Bulk Ticket or LeisureCard) is required for each instructor-led fitness class.

Youth ages 7-12 Youth ages 7-12 are allowed to use cardio equipment only and must be directly supervised by an adult. Youth ages 13-15 are allowed to use cardio and strength equipment and must be directly supervised by an adult (unsupervised if they have a Youth Weight Room Card). Youth must be 16 and older to participate in an instructor-led fitness program.

Preschool Policy To help children stay safe in and around the water, the City requires that all participants comply with the following policy: "For every two children under the age of six, there must be one adult or responsible youth (16 years or older) within arm's length, supervising the children's water play and activity." The best life preserver for your child is YOU! Infants and toddlers participating in water play must wear an appropriate swim diaper.

Racquet and Court Sports Badminton and pickleball bookings are one hour in duration. The drop-in admission fee is charged for each hour booked.

GENERAL FITNESS CLASSES

16 yrs+. Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.

Aqua Fitness Enjoy the unique benefits of a total body workout in shallow water, alternating between cardio and muscle conditioning. No swimming skills required. **LWC, LCC, SCC**

Aqua HIIT Cardio, core and muscular strength intervals with the added resistance of water. (High Intensity Interval Training) **LCC**

Boxercise Utilizes footwork, sparring, and cardio for a fast paced workout. **SFH, SCC**

Cardio & Sculpt A combination of cardio and strength building exercises for a complete workout using a variety of equipment. Cardio types include: Step, hi/lo and HIIT. **LWC, LCC, SFH, SCC**

Fitness Yoga Introduces fundamental strength conditioning and flexibility components with yoga-based movement. Not recommended for women who are pregnant. **CCC, LWC, LCC, SFH, SCC**

Group Cycle Uses varying degrees of tension and techniques through hills, speed drills, intervals, strength and core endurance. **SFH, SCC**

Group Cycle & Sculpt Alternates beginner/intermediate stationary cycling with intensive muscle conditioning. **SFH**

HIIT High Intensity Interval Training classes alternate between high and low intensity exercises. **SFH, SCC**

Intermediate Fitness Yoga Increase the challenge with the addition of intermediate poses and new variations of beginner poses. Not recommended for women who are pregnant. **LWC, LCC, SFH, SCC**

Muscle Sculpt Improves flexibility, muscular strength and endurance with a variety of muscle conditioning and stretching techniques with equipment. **LWC, LCC, SFH, SCC**

Step Improves cardio endurance with step combinations. **LWC, LCC**

Zumba® Fitness Burn calories and get energized through movements that fuse Latin rhythms and easy to follow steps. Learn the steps to the four basic rhythms of merengue, salsa, cumbia and samba. **CCC, SFH, SCC**

GENTLE FITNESS CLASSES

16 yrs+. Classes offer moderately-paced exercises with a focus on maintaining or restoring functional fitness and mobility.

Chair Yoga Gentle yoga using chair support to improve strength, flexibility and balance. **LWC, LCC, SCC**

Deep Water Aqua Fitness Minimizes joint stress using flotation belts to provide support while you work out in the deep end. Tethers may be utilized during class at Shaw Centre. **SCC**

Functional Fitness Prepares your body for real life movements and daily tasks



through strength training, balance, range of motion and mobility exercises. **CCC, LCC, SCC**

Gentle Aqua Fitness Strengthens muscles and improves mobility, utilizing the buoyancy of waist to chest deep water to reduce the stress on joints. **LWC, LCC**

Gentle Fitness Yoga A slower paced yoga class with more emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility. **LWC, LCC, SCC**

Low Impact & Sculpt Combines cardiovascular, light strength training and flexibility exercises. **LWC, LCC**

Walk & Sculpt A brisk walk followed by a muscle strengthening routine using hand weights, tubing or other equipment. **LWC**

CCC Cosmo Civic Centre
HBC Harry Bailey Aquatic Centre
LWC Lakewood Civic Centre
LCC Lawson Civic Centre
SFH Saskatoon Field House
SCC Shaw Centre



Check out Drop-in Program times and locations on Leisure Online.

saskatoon.ca/leisureonline

Save with the Corporate LeisureCard

Attention business owners and managers! Does your business or organization have 25 or more employees?

We invite you to register your business for the City of Saskatoon Corporate LeisureCard Program and your employees will save 20% on all LeisureCard purchases. A LeisureCard provides unlimited drop-in access to all six Leisure Centres, plus the City's outdoor pools, indoor rinks and Terry Fox Track.



Registered Programs

Leisure Centres offer a wide range of Registered Programs each season – from Lifesaving Society swimming lessons, to preschool and youth recreation programs and adult fitness and specialized wellness programs.

Pre-registration and payment of a class fee is required to participate in a Registered Program. Access is not included with a General Admission, Bulk Ticket or LeisureCard.

Registration for Winter programs begins **Sunday, December 4 at 6:00 PM.**

HOW TO REGISTER

The first day of registration is busy. Please be patient as it may take several attempts to get through.

ONLINE leisureonline.saskatoon.ca

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Online registration begins Sunday, December 4 at 6:00 PM.

Be Prepared!

- 1 To use Leisure Online you will require a username and password. Visit **leisureonline.saskatoon.ca** prior to registration day to set up your account, if you haven't already done so.
- 2 Classes fill quickly, so be prepared with 2nd and 3rd choices. Make a list with the programs (including codes) you want and your alternate choices.
- 3 Consider registering at other Leisure Centres if your nearest location isn't available.

How to Register continued on next page.



PHONE 306.975.2800

Phone registrations for Winter programs start on Sunday, December 4 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, December 4 – 6:00 PM to 9:00 PM*

Monday, December 5 – 8:00 AM to 1:00 PM

Tuesday, December 6 – 8:00 AM to 1:00 PM

To register by phone after December 6, contact any Leisure Centre (see pages 6-9).

* NOTE: This excludes Private & Semi-Private swim lessons (page 23), which will open on **Monday, December 5**. This change is being piloted in an effort to reduce wait times for phone line registrations.

VISIT A FACILITY

Walk-in registrations for Winter programs begin Monday, December 5 at 6:30 AM at the following locations:

Cosmo Civic Centre, 3130 Laurie Drive
(walk-in registration begins at 9 AM)

Lakewood Civic Centre, 1635 McRercher Drive

Lawson Civic Centre, 225 Primrose Drive

Saskatoon Field House, 2020 College Drive

Shaw Centre, 122 Bowl Creek Crescent

THE FINE PRINT

Registration Confirmation All registrations will receive a confirmation receipt by email after payment is complete. The confirmation will identify dates and times of classes, cancelled dates, information on equipment and materials or supplies to bring to your first class. If you do not receive confirmation of your registration within five days, please call the facility where your program is being held.

Active Families Benefit The Active Families Benefit is an annual refundable tax benefit that helps Saskatchewan families with the costs of their children's participation in cultural, recreational and sports activities. Eligible families of a child 18 years of age or younger as of the last day of the taxation year are eligible for a fully refundable tax benefit up to \$150 per child or \$200 per child with a disability. Remember to keep your program receipt for income tax purposes.

Refunds All classes are subject to minimum and maximum enrolments. If minimum enrolment is not received, the class will be cancelled and a full refund issued. Other refund instances: • Full refund if cancellation is received seven days prior to course start. 50% refund if cancellation is received less than seven days prior to course start. Full refund if your vacated spot is filled by another registrant before course starts. • 50% refund if cancellation is received after course has started, but no more than 20% completed. • Pro-rated refund for cancellations at any time due to medical reasons (certificate required).

Program Prices All registered program prices include applicable taxes.

PROGRAMS & ACTIVITIES

LIFESAVING SOCIETY SWIM LESSONS

Beginning Winter 2023, the City of Saskatoon will be offering swim lessons from Lifesaving Society Canada. This change came after the Canadian Red Cross announced it would be winding down its swim and lifeguarding program at the end of 2022.



Preschool, swim kids and adult swim program participants' previous Red Cross certification will transfer to the new corresponding certifications. Before you make your swim class selection, please check our registration guidelines below.



Note: Lifesaving Society Swim Lesson Levels are not equivalent to Red Cross Swim Lesson Levels. Example: Swimmer 1 is not a direct equivalent to Swim Kids 1.

If your child is under 3 years of age:

	Register in Lifesaving Society:
Is 4 to 12 months old	Parent & Tot 1
Is 12 to 24 months old	Parent & Tot 2
Is 24 to 36 months old	Parent & Tot 3

If your child is 3-5 years of age:

Has completed Red Cross Swim:	Register in Lifesaving Society:
No previous swimming experience	Preschool 1
Parent & Tot Levels (Starfish, Duck, Sea Turtle)	
Sea Otter	
Salamander	Preschool 2
Sunfish	Preschool 3
Crocodile	Preschool 4
Whale	Preschool 5

If your child is 6 years of age or older:

Has completed Red Cross Swim:	Register in Lifesaving Society:
No previous swimming experience	Swimmer 1
Sea Otter	
Salamander	
Sunfish	
Swim Kids 1	Swimmer 2
Crocodile	
Swim Kids 2	
Whale	Swimmer 3
Swim Kids 3	
Swim Kids 4	Swimmer 4
Swim Kids 5	
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Rookie Patrol
Swim Kids 9	Ranger Patrol
Swim Kids 10	Star Patrol

LESSON LEVEL DESCRIPTIONS

PARENT AND TOT (PARENTED)

The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play, developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Parent & Tot levels.

P&T 1	4-12 months	Designed for the 4 to 12-month-old and their caregiver. Focus on introduction to the water.
P&T 2	12-24 months	Designed for the 12 to 24-month-old and their caregiver. Focus on introduction to floating and kicking.
P&T 3	24-36 months	Designed for the 2 to 3-year-old and their caregiver. Focus on independent entries, assisted floats and glides.

PRESCHOOL (UNPARENTED)

The Preschool Program gives children a head start on learning to swim. Preschool Programs develop an appreciation and healthy respect for the water before these kids get in too deep. In our five basic aquatic progressions we work to ensure 3 to 5 year olds become comfortable in the water and have fun developing a foundation of water skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Preschool levels.

Preschool 1	3-5 yrs. We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.
Preschool 2	3-5 yrs. These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a personal flotation device (PFD). They'll submerge and exhale underwater. Wearing a PFD they'll glide on their front and back.
Preschool 3	3-5 yrs. These youngsters will try both jumping and a sideways entry into deep water while wearing a personal flotation device (PFD). They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.
Preschool 4	3-5 yrs. Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a personal flotation device (PFD) and gliding and kicking on their side.
Preschool 5	3-5 yrs. These youngsters get more adventuresome with a forward roll entry wearing a personal flotation device (PFD) and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

SWIMMER (UNPARENTED)

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate swimmers 6 years of age and older, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Swimmer levels.

Swimmer 1	6+ yrs. These beginners will become comfortable jumping into water with and without a personal flotation device (PFD). They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.
Swimmer 2	6+ yrs. These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a personal flotation device (PFD). They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
Swimmer 3	6+ yrs. These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
Swimmer 4	6+ yrs. These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
Swimmer 5	6+ yrs. These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.
Swimmer 6	6+ yrs. These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.



LESSON LEVEL DESCRIPTIONS

Rookie Patrol	6+ yrs. Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
Ranger Patrol	6+ yrs. Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.
Star Patrol	6+ yrs. Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

ADULT SWIMMER

The Adult Swimmer Program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Water Smart® education is part of all levels. Instructors should be prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.

Adult 1	16+ yrs. You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training.
Adult 2	16+ yrs. Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. You'll be supporting yourself at the surface for 1-2 minutes, and showing off your handstands in shallow water.

Swim Lesson Schedule Options

Many class options are available for you and your family's busy life.

Once per week for 8-10 weeks • Twice per week for 4 weeks
Private swim lessons • Semi-private swim lessons • Adult swim lessons

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
HARRY BAILEY AQUATIC CENTRE 1110 Idylwyld Drive						Jan 10-Mar 21	Tu	05:40 PM-06:10 PM	10	\$87.00	LW1707-03
<i>Harry Bailey Aquatic Centre is scheduled to undergo a major upgrade and facility closure. The facility will be open to the public until December 1, 2022. This project is expected to take approximately 18 months.</i>						Jan 12-Mar 23	Th	03:00 PM-03:30 PM	10	\$87.00	LW1707-04
						Jan 13-Mar 24	F	09:10 AM-09:40 AM	10	\$87.00	LW1707-05
						Jan 13-Mar 24	F	04:30 PM-05:00 PM	10	\$87.00	LW1707-06
						Jan 14-Mar 25	Sa	09:40 AM-10:10 AM	10	\$87.00	LW1707-07
						Jan 15-Mar 26	Su	05:30 PM-06:00 PM	10	\$87.00	LW1707-08
						Parent & Tot 3 (Ages 24-36 mos)					
						Jan 9-Mar 20	M	05:05 PM-05:35 PM	10	\$87.00	LW1712-01
						Jan 10-Mar 21	Tu	01:15 PM-01:45 PM	10	\$87.00	LW1712-02
						Jan 10-Mar 21	Tu	06:25 PM-06:55 PM	10	\$87.00	LW1712-03
						Jan 11-Mar 22	W	09:10 AM-09:40 AM	10	\$87.00	LW1712-04
						Jan 11-Mar 22	W	05:40 PM-06:10 PM	10	\$87.00	LW1712-05
						Jan 13-Mar 24	F	05:45 PM-06:15 PM	10	\$87.00	LW1712-06
						Jan 14-Mar 25	Sa	10:15 AM-10:45 AM	10	\$87.00	LW1712-07
						Jan 15-Mar 26	Su	06:40 PM-07:10 PM	10	\$87.00	LW1712-09
						Preschool 1 (Ages 3-5 yrs)					
						Jan 9-Mar 20	M	09:45 AM-10:15 AM	10	\$87.00	LW1717-01
						Jan 9-Mar 20	M	04:30 PM-05:00 PM	10	\$87.00	LW1717-02
						Jan 9-Mar 20	M	05:10 PM-05:40 PM	10	\$87.00	LW1717-03
						Jan 9-Mar 20	M	05:50 PM-06:20 PM	10	\$87.00	LW1717-04
						Jan 10-Mar 21	Tu	09:10 AM-09:40 AM	10	\$87.00	LW1717-05
						Jan 10-Mar 21	Tu	01:50 PM-02:20 PM	10	\$87.00	LW1717-06
						Jan 10-Mar 21	Tu	04:35 PM-05:05 PM	10	\$87.00	LW1717-07
						Jan 10-Mar 21	Tu	05:05 PM-05:35 PM	10	\$87.00	LW1717-08
						Jan 10-Mar 21	Tu	05:55 PM-06:25 PM	10	\$87.00	LW1717-09
						Jan 10-Mar 21	Tu	06:25 PM-06:55 PM	10	\$87.00	LW1717-10
						Jan 10-Mar 21	Tu	06:45 PM-07:15 PM	10	\$87.00	LW1717-11
						Jan 11-Mar 22	W	09:45 AM-10:15 AM	10	\$87.00	LW1717-12
						Jan 11-Mar 22	W	04:30 PM-05:00 PM	10	\$87.00	LW1717-13

LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Classes cancelled on Feb 18, 19, 20, 21, 22, 23 & 24.

Parent & Tot 1 (Ages 4-12 mos)

Jan 9-Mar 20	M	10:20 AM-10:50 AM	10	\$87.00	LW1702-01
Jan 9-Mar 20	M	05:55 PM-06:25 PM	10	\$87.00	LW1702-02
Jan 10-Mar 21	Tu	03:00 PM-03:30 PM	10	\$87.00	LW1702-03
Jan 11-Mar 22	W	10:20 AM-10:50 AM	10	\$87.00	LW1702-04
Jan 11-Mar 22	W	04:30 PM-05:00 PM	10	\$87.00	LW1702-05
Jan 12-Mar 23	Th	10:20 AM-10:50 AM	10	\$87.00	LW1702-06
Jan 12-Mar 23	Th	01:15 PM-01:45 PM	10	\$87.00	LW1702-07
Jan 12-Mar 23	Th	05:05 PM-05:35 PM	10	\$87.00	LW1702-08
Jan 13-Mar 24	F	10:20 AM-10:50 AM	10	\$87.00	LW1702-09
Jan 14-Mar 25	Sa	09:00 AM-09:30 AM	10	\$87.00	LW1702-10
Jan 15-Mar 26	Su	06:20 PM-06:50 PM	10	\$87.00	LW1702-11

Parent & Tot 2 (Ages 12-24 mos)

Jan 9-Mar 20	M	06:30 PM-07:00 PM	10	\$87.00	LW1707-01
Jan 10-Mar 21	Tu	10:20 AM-10:50 AM	10	\$87.00	LW1707-02

LIFESAVING SOCIETY SWIM LESSONS

PROGRAMS & ACTIVITIES

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Jan 11-Mar 22	W	05:55 PM-06:25 PM	10	\$87.00	LW1717-14	Preschool 5 (Ages 3-5 yrs)					
Jan 11-Mar 22	W	06:25 PM-06:55 PM	10	\$87.00	LW1717-15	Jan 14-Mar 25	Sa	11:00 AM-11:30 AM	10	\$87.00	LW1737-01
Jan 11-Mar 22	W	07:35 PM-08:05 PM	10	\$87.00	LW1717-16	Swimmer 1 (Ages 6+)					
Jan 12-Mar 23	Th	09:10 AM-09:40 AM	10	\$87.00	LW1717-17	Jan 9-Mar 20	M	05:15 PM-05:45 PM	10	\$87.00	LW1742-01
Jan 12-Mar 23	Th	01:50 PM-02:20 PM	10	\$87.00	LW1717-18	Jan 9-Mar 20	M	05:40 PM-06:10 PM	10	\$87.00	LW1742-02
Jan 12-Mar 23	Th	04:35 PM-05:05 PM	10	\$87.00	LW1717-19	Jan 9-Mar 20	M	06:30 PM-07:00 PM	10	\$87.00	LW1742-03
Jan 12-Mar 23	Th	05:45 PM-06:15 PM	10	\$87.00	LW1717-20	Jan 10-Mar 21	Tu	04:45 PM-05:15 PM	10	\$87.00	LW1742-04
Jan 12-Mar 23	Th	06:25 PM-06:55 PM	10	\$87.00	LW1717-21	Jan 10-Mar 21	Tu	05:05 PM-05:35 PM	10	\$87.00	LW1742-05
Jan 12-Mar 23	Th	07:30 PM-08:00 PM	10	\$87.00	LW1717-22	Jan 10-Mar 21	Tu	05:40 PM-06:10 PM	10	\$87.00	LW1742-06
Jan 13-Mar 24	F	09:45 AM-10:15 AM	10	\$87.00	LW1717-23	Jan 10-Mar 21	Tu	06:45 PM-07:15 PM	10	\$87.00	LW1742-07
Jan 13-Mar 24	F	04:35 PM-05:05 PM	10	\$87.00	LW1717-24	Jan 10-Mar 21	Tu	07:35 PM-08:05 PM	10	\$87.00	LW1742-08
Jan 13-Mar 24	F	05:05 PM-05:35 PM	10	\$87.00	LW1717-25	Jan 11-Mar 22	W	04:30 PM-05:00 PM	10	\$87.00	LW1742-09
Jan 13-Mar 24	F	06:20 PM-06:50 PM	10	\$87.00	LW1717-26	Jan 11-Mar 22	W	05:05 PM-05:35 PM	10	\$87.00	LW1742-10
Jan 14-Mar 25	Sa	09:35 AM-10:05 AM	10	\$87.00	LW1717-27	Jan 11-Mar 22	W	05:55 PM-06:25 PM	10	\$87.00	LW1742-11
Jan 14-Mar 25	Sa	11:00 AM-11:30 AM	10	\$87.00	LW1717-28	Jan 11-Mar 22	W	06:40 PM-07:10 PM	10	\$87.00	LW1742-12
Jan 14-Mar 25	Sa	11:45 AM-12:15 PM	10	\$87.00	LW1717-29	Jan 11-Mar 22	W	07:15 PM-07:45 PM	10	\$87.00	LW1742-13
Jan 14-Mar 25	Sa	12:10 PM-12:40 PM	10	\$87.00	LW1717-30	Jan 12-Mar 23	Th	04:30 PM-05:00 PM	10	\$87.00	LW1742-14
Jan 15-Mar 26	Su	05:30 PM-06:00 PM	10	\$87.00	LW1717-31	Jan 12-Mar 23	Th	04:45 PM-05:15 PM	10	\$87.00	LW1742-15
Jan 15-Mar 26	Su	06:05 PM-06:35 PM	10	\$87.00	LW1717-32	Jan 12-Mar 23	Th	05:05 PM-05:35 PM	10	\$87.00	LW1742-16
Jan 15-Mar 26	Su	07:25 PM-07:55 PM	10	\$87.00	LW1717-33	Jan 12-Mar 23	Th	07:20 PM-07:50 PM	10	\$87.00	LW1742-17
Jan 15-Mar 26	Su	08:15 PM-08:45 PM	10	\$87.00	LW1717-34	Jan 13-Mar 24	F	04:30 PM-05:00 PM	10	\$87.00	LW1742-18
Preschool 2 (Ages 3-5 yrs)						Jan 13-Mar 24	F	05:10 PM-05:40 PM	10	\$87.00	LW1742-19
Jan 9-Mar 20	M	09:10 AM-09:40 AM	10	\$87.00	LW1722-01	Jan 13-Mar 24	F	05:40 PM-06:10 PM	10	\$87.00	LW1742-20
Jan 9-Mar 20	M	04:30 PM-05:00 PM	10	\$87.00	LW1722-02	Jan 14-Mar 25	Sa	09:40 AM-10:10 AM	10	\$87.00	LW1742-21
Jan 9-Mar 20	M	05:20 PM-05:50 PM	10	\$87.00	LW1722-03	Jan 14-Mar 25	Sa	10:10 AM-10:40 AM	10	\$87.00	LW1742-22
Jan 9-Mar 20	M	05:55 PM-06:25 PM	10	\$87.00	LW1722-04	Jan 14-Mar 25	Sa	10:50 AM-11:20 AM	10	\$87.00	LW1742-23
Jan 10-Mar 21	Tu	09:45 AM-10:15 AM	10	\$87.00	LW1722-05	Jan 14-Mar 25	Sa	11:45 AM-12:15 PM	10	\$87.00	LW1742-24
Jan 10-Mar 21	Tu	02:25 PM-02:55 PM	10	\$87.00	LW1722-06	Jan 15-Mar 26	Su	06:05 PM-06:35 PM	10	\$87.00	LW1742-25
Jan 10-Mar 21	Tu	05:20 PM-05:50 PM	10	\$87.00	LW1722-07	Jan 15-Mar 26	Su	06:55 PM-07:25 PM	10	\$87.00	LW1742-26
Jan 10-Mar 21	Tu	05:25 PM-05:55 PM	10	\$87.00	LW1722-08	Jan 15-Mar 26	Su	07:40 PM-08:10 PM	10	\$87.00	LW1742-27
Jan 10-Mar 21	Tu	06:00 PM-06:30 PM	10	\$87.00	LW1722-09	Jan 15-Mar 26	Su	08:15 PM-08:45 PM	10	\$87.00	LW1742-28
Jan 10-Mar 21	Tu	07:00 PM-07:30 PM	10	\$87.00	LW1722-10	Swimmer 2 (Ages 6+)					
Jan 11-Mar 22	W	04:45 PM-05:15 PM	10	\$87.00	LW1722-11	Jan 9-Mar 20	M	04:40 PM-05:10 PM	10	\$87.00	LW1747-01
Jan 11-Mar 22	W	05:40 PM-06:10 PM	10	\$87.00	LW1722-12	Jan 10-Mar 21	Tu	04:30 PM-05:00 PM	10	\$87.00	LW1747-02
Jan 11-Mar 22	W	06:25 PM-06:55 PM	10	\$87.00	LW1722-13	Jan 10-Mar 21	Tu	07:20 PM-07:50 PM	10	\$87.00	LW1747-03
Jan 11-Mar 22	W	07:15 PM-07:45 PM	10	\$87.00	LW1722-14	Jan 11-Mar 22	W	05:20 PM-05:50 PM	10	\$87.00	LW1747-04
Jan 12-Mar 23	Th	09:45 AM-10:15 AM	10	\$87.00	LW1722-15	Jan 11-Mar 22	W	06:40 PM-07:10 PM	10	\$87.00	LW1747-05
Jan 12-Mar 23	Th	02:25 PM-02:55 PM	10	\$87.00	LW1722-16	Jan 11-Mar 22	W	07:00 PM-07:30 PM	10	\$87.00	LW1747-06
Jan 12-Mar 23	Th	04:30 PM-05:00 PM	10	\$87.00	LW1722-17	Jan 12-Mar 23	Th	05:20 PM-05:50 PM	10	\$87.00	LW1747-07
Jan 12-Mar 23	Th	05:10 PM-05:40 PM	10	\$87.00	LW1722-18	Jan 12-Mar 23	Th	05:40 PM-06:10 PM	10	\$87.00	LW1747-08
Jan 12-Mar 23	Th	06:00 PM-06:30 PM	10	\$87.00	LW1722-19	Jan 13-Mar 24	F	06:20 PM-06:50 PM	10	\$87.00	LW1747-09
Jan 12-Mar 23	Th	07:35 PM-08:05 PM	10	\$87.00	LW1722-20	Jan 14-Mar 25	Sa	09:35 AM-10:05 AM	10	\$87.00	LW1747-10
Jan 13-Mar 24	F	05:45 PM-06:15 PM	10	\$87.00	LW1722-21	Jan 14-Mar 25	Sa	10:15 AM-10:45 AM	10	\$87.00	LW1747-11
Jan 14-Mar 25	Sa	09:00 AM-09:30 AM	10	\$87.00	LW1722-22	Jan 15-Mar 26	Su	07:25 PM-07:55 PM	10	\$87.00	LW1747-12
Jan 14-Mar 25	Sa	10:15 AM-10:45 AM	10	\$87.00	LW1722-23	Jan 15-Mar 26	Su	08:15 PM-08:45 PM	10	\$87.00	LW1747-13
Jan 14-Mar 25	Sa	12:20 PM-12:50 PM	10	\$87.00	LW1722-24	Swimmer 3 (Ages 6+)					
Jan 15-Mar 26	Su	05:30 PM-06:00 PM	10	\$87.00	LW1722-25	Jan 9-Mar 20	M	06:25 PM-06:55 PM	10	\$87.00	LW1752-01
Jan 15-Mar 26	Su	06:40 PM-07:10 PM	10	\$87.00	LW1722-26	Jan 10-Mar 21	Tu	04:30 PM-05:00 PM	10	\$87.00	LW1752-02
Jan 15-Mar 26	Su	07:40 PM-08:10 PM	10	\$87.00	LW1722-27	Jan 10-Mar 21	Tu	06:00 PM-06:30 PM	10	\$87.00	LW1752-03
Preschool 3 (Ages 3-5 yrs)						Jan 11-Mar 22	W	04:30 PM-05:00 PM	10	\$87.00	LW1752-04
Jan 9-Mar 20	M	04:35 PM-05:05 PM	10	\$87.00	LW1727-01	Jan 11-Mar 22	W	06:40 PM-07:10 PM	10	\$87.00	LW1752-05
Jan 9-Mar 20	M	06:15 PM-06:45 PM	10	\$87.00	LW1727-02	Jan 11-Mar 22	W	07:35 PM-08:05 PM	10	\$87.00	LW1752-06
Jan 10-Mar 21	Tu	07:20 PM-07:50 PM	10	\$87.00	LW1727-03	Jan 12-Mar 23	Th	06:45 PM-07:15 PM	10	\$87.00	LW1752-07
Jan 11-Mar 22	W	05:05 PM-05:35 PM	10	\$87.00	LW1727-04	Jan 13-Mar 24	F	04:35 PM-05:05 PM	10	\$87.00	LW1752-08
Jan 11-Mar 22	W	05:55 PM-06:25 PM	10	\$87.00	LW1727-05	Jan 14-Mar 25	Sa	09:05 AM-09:35 AM	10	\$87.00	LW1752-09
Jan 11-Mar 22	W	07:00 PM-07:30 PM	10	\$87.00	LW1727-06	Jan 14-Mar 25	Sa	10:10 AM-10:40 AM	10	\$87.00	LW1752-10
Jan 12-Mar 23	Th	04:35 PM-05:05 PM	10	\$87.00	LW1727-07	Jan 14-Mar 25	Sa	12:25 PM-12:55 PM	10	\$87.00	LW1752-11
Jan 12-Mar 23	Th	05:40 PM-06:10 PM	10	\$87.00	LW1727-08	Jan 15-Mar 26	Su	05:30 PM-06:00 PM	10	\$87.00	LW1752-12
Jan 12-Mar 23	Th	07:00 PM-07:30 PM	10	\$87.00	LW1727-09	Jan 15-Mar 26	Su	06:05 PM-06:35 PM	10	\$87.00	LW1752-13
Jan 13-Mar 24	F	05:10 PM-05:40 PM	10	\$87.00	LW1727-10	Swimmer 4 (Ages 6+)					
Jan 14-Mar 25	Sa	09:05 AM-09:35 AM	10	\$87.00	LW1727-11	Jan 9-Mar 20	M	04:30 PM-05:15 PM	10	\$114.50	LW1757-01
Jan 14-Mar 25	Sa	12:20 PM-12:50 PM	10	\$87.00	LW1727-12	Jan 11-Mar 22	W	05:05 PM-05:50 PM	10	\$114.50	LW1757-02
Jan 15-Mar 26	Su	06:05 PM-06:35 PM	10	\$87.00	LW1727-13						
Jan 15-Mar 26	Su	07:40 PM-08:10 PM	10	\$87.00	LW1727-14						
Preschool 4 (Ages 3-5 yrs)											
Jan 12-Mar 23	Th	06:30 PM-07:00 PM	10	\$87.00	LW1732-01						
Jan 14-Mar 25	Sa	11:35 AM-12:05 PM	10	\$87.00	LW1732-02						



Find programs and register online at
leisureonline.saskatoon.ca

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Jan 12-Mar 23	Th	05:10 PM-05:55 PM	10	\$114.50	LW1757-03	Jan 9-Mar 20	M	01:05 PM-01:35 PM	10	\$87.00	LC1717-06
Jan 13-Mar 24	F	06:15 PM-07:00 PM	10	\$114.50	LW1757-04	Jan 9-Mar 20	M	01:40 PM-02:10 PM	10	\$87.00	LC1717-07
Jan 14-Mar 25	Sa	10:55 AM-11:40 AM	10	\$114.50	LW1757-05	Jan 9-Mar 20	M	05:45 PM-06:15 PM	10	\$87.00	LC1717-08
Jan 15-Mar 26	Su	05:30 PM-06:15 PM	10	\$114.50	LW1757-06	Jan 9-Mar 20	M	06:20 PM-06:50 PM	10	\$87.00	LC1717-09
Swimmer 5 (Ages 6+)						Jan 10-Mar 21	Tu	10:40 AM-11:10 AM	10	\$87.00	LC1717-10
Jan 10-Mar 21	Tu	04:35 PM-05:20 PM	10	\$114.50	LW1762-01	Jan 10-Mar 21	Tu	11:20 AM-11:50 AM	10	\$87.00	LC1717-11
Jan 11-Mar 22	W	05:05 PM-05:50 PM	10	\$114.50	LW1762-02	Jan 10-Mar 21	Tu	04:30 PM-05:00 PM	10	\$87.00	LC1717-12
Jan 12-Mar 23	Th	07:05 PM-07:50 PM	10	\$114.50	LW1762-03	Jan 10-Mar 21	Tu	05:05 PM-05:35 PM	10	\$87.00	LC1717-13
Jan 13-Mar 24	F	05:05 PM-05:50 PM	10	\$114.50	LW1762-04	Jan 10-Mar 21	Tu	06:20 PM-06:50 PM	10	\$87.00	LC1717-14
Jan 14-Mar 25	Sa	10:55 AM-11:40 AM	10	\$114.50	LW1762-05	Jan 10-Mar 21	Tu	06:50 PM-07:20 PM	10	\$87.00	LC1717-15
Jan 15-Mar 26	Su	06:40 PM-07:25 PM	10	\$114.50	LW1762-06	Jan 11-Mar 22	W	10:05 AM-10:35 AM	10	\$87.00	LC1717-16
Swimmer 6 (Ages 6+)						Jan 11-Mar 22	W	10:40 AM-11:10 AM	10	\$87.00	LC1717-17
Jan 9-Mar 20	M	05:05 PM-05:50 PM	10	\$114.50	LW1767-01	Jan 11-Mar 22	W	02:15 PM-02:45 PM	10	\$87.00	LC1717-18
Jan 10-Mar 21	Tu	05:10 PM-05:55 PM	10	\$114.50	LW1767-02	Jan 11-Mar 22	W	04:35 PM-05:05 PM	10	\$87.00	LC1717-19
Jan 11-Mar 22	W	07:15 PM-08:00 PM	10	\$114.50	LW1767-03	Jan 11-Mar 22	W	05:05 PM-05:35 PM	10	\$87.00	LC1717-20
Jan 12-Mar 23	Th	07:10 PM-07:55 PM	10	\$114.50	LW1767-04	Jan 11-Mar 22	W	05:55 PM-06:25 PM	10	\$87.00	LC1717-21
Jan 13-Mar 24	F	05:55 PM-06:40 PM	10	\$114.50	LW1767-05	Jan 11-Mar 22	W	06:20 PM-06:50 PM	10	\$87.00	LC1717-22
Jan 14-Mar 25	Sa	11:35 AM-12:20 PM	10	\$114.50	LW1767-06	Jan 12-Mar 23	Th	10:40 AM-11:10 AM	10	\$87.00	LC1717-23
Jan 15-Mar 26	Su	06:40 PM-07:25 PM	10	\$114.50	LW1767-07	Jan 12-Mar 23	Th	11:15 AM-11:45 AM	10	\$87.00	LC1717-24
Rookie Patrol (Ages 6+)						Jan 12-Mar 23	Th	04:35 PM-05:05 PM	10	\$87.00	LC1717-25
Jan 10-Mar 21	Tu	06:40 PM-07:40 PM	10	\$131.00	LW1772-01	Jan 12-Mar 23	Th	05:55 PM-06:25 PM	10	\$87.00	LC1717-26
Jan 12-Mar 23	Th	05:55 PM-06:55 PM	10	\$131.00	LW1772-02	Jan 12-Mar 23	Th	06:20 PM-06:50 PM	10	\$87.00	LC1717-27
Jan 14-Mar 25	Sa	09:10 AM-10:10 AM	10	\$131.00	LW1772-03	Jan 13-Mar 24	F	10:05 AM-10:35 AM	10	\$87.00	LC1717-28
Ranger Patrol (Ages 6+)						Jan 13-Mar 24	F	10:40 AM-11:10 AM	10	\$87.00	LC1717-29
Jan 10-Mar 21	Tu	07:00 PM-08:00 PM	10	\$131.00	LW1777-01	Jan 13-Mar 24	F	04:35 PM-05:05 PM	10	\$87.00	LC1717-30
Jan 12-Mar 23	Th	06:25 PM-07:25 PM	10	\$131.00	LW1777-02	Jan 13-Mar 24	F	05:40 PM-06:10 PM	10	\$87.00	LC1717-31
Jan 14-Mar 25	Sa	11:35 AM-12:35 PM	10	\$131.00	LW1777-03	Jan 13-Mar 24	F	06:15 PM-06:45 PM	10	\$87.00	LC1717-32
Star Patrol (Ages 6+)						Preschool 2 (Ages 3-5 yrs)					
Jan 9-Mar 20	M	05:45 PM-06:45 PM	10	\$131.00	LW1782-01	Jan 7-Mar 18	Sa	09:00 AM-09:30 AM	10	\$87.00	LC1722-01

LAWSON CIVIC CENTRE 225 Primrose Drive

Classes cancelled on Feb 18, 19, 20, 21, 22, 23 & 24.

Parent & Tot 1 (Ages 4-12 mos)

Jan 7-Mar 18	Sa	10:10 AM-10:40 AM	10	\$87.00	LC1702-01
Jan 9-Mar 20	M	11:15 AM-11:45 AM	10	\$87.00	LC1702-02
Jan 11-Mar 22	W	01:05 PM-01:35 PM	10	\$87.00	LC1702-03
Jan 12-Mar 23	Th	10:05 AM-10:35 AM	10	\$87.00	LC1702-04
Jan 13-Mar 24	F	10:40 AM-11:10 AM	10	\$87.00	LC1702-05

Parent & Tot 2 (Ages 12-24 mos)

Jan 7-Mar 18	Sa	11:30 AM-12:00 PM	10	\$87.00	LC1707-01
Jan 9-Mar 20	M	02:15 PM-02:45 PM	10	\$87.00	LC1707-02
Jan 10-Mar 21	Tu	05:55 PM-06:25 PM	10	\$87.00	LC1707-03
Jan 11-Mar 22	W	10:05 AM-10:35 AM	10	\$87.00	LC1707-04
Jan 11-Mar 22	W	01:40 PM-02:10 PM	10	\$87.00	LC1707-05
Jan 12-Mar 23	Th	11:15 AM-11:45 AM	10	\$87.00	LC1707-06
Jan 12-Mar 23	Th	05:20 PM-05:50 PM	10	\$87.00	LC1707-07
Jan 13-Mar 24	F	11:15 AM-11:45 AM	10	\$87.00	LC1707-08
Jan 13-Mar 24	F	05:55 PM-06:25 PM	10	\$87.00	LC1707-09

Parent & Tot 3 (Ages 24-36 mos)

Jan 7-Mar 18	Sa	10:45 AM-11:15 AM	10	\$87.00	LC1712-01
Jan 9-Mar 20	M	10:40 AM-11:10 AM	10	\$87.00	LC1712-02
Jan 9-Mar 20	M	05:10 PM-05:40 PM	10	\$87.00	LC1712-03
Jan 10-Mar 21	Tu	10:05 AM-10:35 AM	10	\$87.00	LC1712-04
Jan 10-Mar 21	Tu	05:05 PM-05:35 PM	10	\$87.00	LC1712-05
Jan 11-Mar 22	W	10:40 AM-11:10 AM	10	\$87.00	LC1712-06
Jan 11-Mar 22	W	04:30 PM-05:00 PM	10	\$87.00	LC1712-07
Jan 12-Mar 23	Th	10:40 AM-11:10 AM	10	\$87.00	LC1712-08
Jan 12-Mar 23	Th	06:30 PM-07:00 PM	10	\$87.00	LC1712-09

Preschool 1 (Ages 3-5 yrs)

Jan 7-Mar 18	Sa	09:00 AM-09:30 AM	10	\$87.00	LC1717-01
Jan 7-Mar 18	Sa	09:35 AM-10:05 AM	10	\$87.00	LC1717-02
Jan 7-Mar 18	Sa	10:55 AM-11:25 AM	10	\$87.00	LC1717-03
Jan 9-Mar 20	M	10:05 AM-10:35 AM	10	\$87.00	LC1717-04
Jan 9-Mar 20	M	10:40 AM-11:10 AM	10	\$87.00	LC1717-05

Preschool 3 (Ages 3-5 yrs)

Jan 7-Mar 18	Sa	09:35 AM-10:05 AM	10	\$87.00	LC1722-02
Jan 7-Mar 18	Sa	10:10 AM-10:40 AM	10	\$87.00	LC1722-03
Jan 9-Mar 20	M	10:05 AM-10:35 AM	10	\$87.00	LC1722-04
Jan 9-Mar 20	M	11:15 AM-11:45 AM	10	\$87.00	LC1722-05
Jan 9-Mar 20	M	01:05 PM-01:35 PM	10	\$87.00	LC1722-06
Jan 9-Mar 20	M	02:15 PM-02:45 PM	10	\$87.00	LC1722-07
Jan 9-Mar 20	M	04:30 PM-05:00 PM	10	\$87.00	LC1722-08
Jan 9-Mar 20	M	05:10 PM-05:40 PM	10	\$87.00	LC1722-09
Jan 9-Mar 20	M	05:55 PM-06:25 PM	10	\$87.00	LC1722-10
Jan 10-Mar 21	Tu	10:10 AM-10:40 AM	10	\$87.00	LC1722-11
Jan 10-Mar 21	Tu	11:15 AM-11:45 AM	10	\$87.00	LC1722-12
Jan 10-Mar 21	Tu	04:35 PM-05:05 PM	10	\$87.00	LC1722-13
Jan 10-Mar 21	Tu	05:05 PM-05:35 PM	10	\$87.00	LC1722-14
Jan 10-Mar 21	Tu	05:40 PM-06:10 PM	10	\$87.00	LC1722-15
Jan 10-Mar 21	Tu	06:30 PM-07:00 PM	10	\$87.00	LC1722-16
Jan 11-Mar 22	W	11:15 AM-11:45 AM	10	\$87.00	LC1722-17
Jan 11-Mar 22	W	01:05 PM-01:35 PM	10	\$87.00	LC1722-18
Jan 11-Mar 22	W	05:10 PM-05:40 PM	10	\$87.00	LC1722-19
Jan 11-Mar 22	W	06:30 PM-07:00 PM	10	\$87.00	LC1722-20
Jan 12-Mar 23	Th	10:05 AM-10:35 AM	10	\$87.00	LC1722-21
Jan 12-Mar 23	Th	04:30 PM-05:00 PM	10	\$87.00	LC1722-22
Jan 12-Mar 23	Th	05:45 PM-06:15 PM	10	\$87.00	LC1722-24
Jan 12-Mar 23	Th	06:30 PM-07:00 PM	10	\$87.00	LC1722-23
Jan 13-Mar 24	F	10:05 AM-10:35 AM	10	\$87.00	LC1722-25
Jan 13-Mar 24	F	11:15 AM-11:45 AM	10	\$87.00	LC1722-26
Jan 13-Mar 24	F	04:30 PM-05:00 PM	10	\$87.00	LC1722-27
Jan 13-Mar 24	F	05:05 PM-05:35 PM	10	\$87.00	LC1722-28
Jan 13-Mar 24	F	06:20 PM-06:50 PM	10	\$87.00	LC1722-29

Preschool 4 (Ages 3-5 yrs)

Jan 7-Mar 18	Sa	09:35 AM-10:05 AM	10	\$87.00	LC1727-01
Jan 9-Mar 20	M	05:05 PM-05:35 PM	10	\$87.00	LC1727-02
Jan 10-Mar 21	Tu	10:45 AM-11:15 AM	10	\$87.00	LC1727-03
Jan 11-Mar 22	W	01:40 PM-02:10 PM	10	\$87.00	LC1727-04
Jan 11-Mar 22	W	05:20 PM-05:50 PM	10	\$87.00	LC1727-05
Jan 12-Mar 23	Th	05:10 PM-05:40 PM	10	\$87.00	LC1727-06
Jan 13-Mar 24	F	04:30 PM-05:00 PM	10	\$87.00	LC1727-07
Preschool 4 (Ages 3-5 yrs)					
Jan 7-Mar 18	Sa	10:20 AM-10:50 AM	10	\$87.00	LC1732-01
Jan 9-Mar 20	M	01:40 PM-02:10 PM	10	\$87.00	LC1732-02
Jan 10-Mar 21	Tu	04:30 PM-05:00 PM	10	\$87.00	LC1732-03

LIFESAVING SOCIETY SWIM LESSONS

PROGRAMS & ACTIVITIES

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Jan 11-Mar 22	W	02:15 PM-02:45 PM	10	\$87.00	LC1732-04	SHAW CENTRE 122 Bowli Crescent					
Jan 11-Mar 22	W	05:45 PM-06:15 PM	10	\$87.00	LC1732-05	<i>Classes cancelled on Feb 3 & 4; and Mar 3 & 4.</i>					
Jan 13-Mar 24	F	05:10 PM-05:40 PM	10	\$87.00	LC1732-06						
Preschool 5 (Ages 3-5 yrs)						Parent & Tot 1 (Ages 4-12 mos)					
Jan 9-Mar 20	M	06:30 PM-07:00 PM	10	\$87.00	LC1737-01	Jan 3-26	Tu/Th	04:35 PM-05:05 PM	8	\$69.50	SC1700-01
Jan 11-Mar 22	W	11:15 AM-11:45 AM	10	\$87.00	LC1737-02	Jan 6-Mar 24	F	04:35 PM-05:05 PM	10	\$87.00	SC1702-01
Jan 12-Mar 23	Th	06:55 PM-07:25 PM	10	\$87.00	LC1737-03	Mar 7-30	Tu/Th	05:10 PM-05:40 PM	8	\$69.50	SC1700-02
Swimmer 1 (Ages 6+)						Parent & Tot 2 (Ages 12-24 mos)					
Jan 7-Mar 18	Sa	09:00 AM-09:30 AM	10	\$87.00	LC1742-01	Jan 6-Mar 24	F	04:00 PM-04:30 PM	10	\$87.00	SC1707-01
Jan 7-Mar 18	Sa	09:45 AM-10:15 AM	10	\$87.00	LC1742-02	Jan 7-Mar 25	Sa	09:00 AM-09:30 AM	10	\$87.00	SC1707-02
Jan 7-Mar 18	Sa	10:25 AM-10:55 AM	10	\$87.00	LC1742-03	Jan 31-Feb 23	Tu/Th	05:50 PM-06:20 PM	8	\$69.50	SC1705-01
Jan 7-Mar 18	Sa	10:45 AM-11:15 AM	10	\$87.00	LC1742-04	Mar 7-30	Tu/Th	05:45 PM-06:15 PM	8	\$69.50	SC1705-02
Jan 7-Mar 18	Sa	11:20 AM-11:50 AM	10	\$87.00	LC1742-05	Parent & Tot 3 (Ages 24-36 mos)					
Jan 9-Mar 20	M	05:20 PM-05:50 PM	10	\$87.00	LC1742-06	Jan 6-Mar 24	F	06:00 PM-06:30 PM	10	\$87.00	SC1712-01
Jan 9-Mar 20	M	05:45 PM-06:15 PM	10	\$87.00	LC1742-07	Jan 31-Feb 23	Tu/Th	06:35 PM-07:05 PM	8	\$69.50	SC1710-01
Jan 9-Mar 20	M	06:15 PM-06:45 PM	10	\$87.00	LC1742-08	Preschool 1 (Ages 3-5 yrs)					
Jan 9-Mar 20	M	06:55 PM-07:25 PM	10	\$87.00	LC1742-09	Jan 3-26	Tu/Th	04:50 PM-05:20 PM	8	\$69.50	SC1715-01
Jan 10-Mar 21	Tu	04:30 PM-05:00 PM	10	\$87.00	LC1742-10	Jan 3-26	Tu/Th	05:10 PM-05:40 PM	8	\$69.50	SC1715-02
Jan 10-Mar 21	Tu	05:10 PM-05:40 PM	10	\$87.00	LC1742-11	Jan 3-26	Tu/Th	06:00 PM-06:30 PM	8	\$69.50	SC1715-03
Jan 10-Mar 21	Tu	05:40 PM-06:10 PM	10	\$87.00	LC1742-12	Jan 6-Mar 24	F	06:35 PM-07:05 PM	10	\$87.00	SC1717-01
Jan 10-Mar 21	Tu	06:15 PM-06:45 PM	10	\$87.00	LC1742-13	Jan 7-Mar 25	Sa	09:00 AM-09:30 AM	10	\$87.00	SC1717-02
Jan 10-Mar 21	Tu	07:05 PM-07:35 PM	10	\$87.00	LC1742-14	Jan 7-Mar 25	Sa	09:50 AM-10:20 AM	10	\$87.00	SC1717-03
Jan 11-Mar 22	W	04:30 PM-05:00 PM	10	\$87.00	LC1742-15	Jan 7-Mar 25	Sa	11:00 AM-11:30 AM	10	\$87.00	SC1717-04
Jan 11-Mar 22	W	05:10 PM-05:40 PM	10	\$87.00	LC1742-16	Jan 7-Mar 25	Sa	11:25 AM-11:55 AM	10	\$87.00	SC1717-05
Jan 11-Mar 22	W	05:55 PM-06:25 PM	10	\$87.00	LC1742-17	Jan 31-Feb 23	Tu/Th	04:40 PM-05:10 PM	8	\$69.50	SC1715-04
Jan 11-Mar 22	W	06:30 PM-07:00 PM	10	\$87.00	LC1742-18	Jan 31-Feb 23	Tu/Th	05:25 PM-05:55 PM	8	\$69.50	SC1715-05
Jan 12-Mar 23	Th	04:35 PM-05:05 PM	10	\$87.00	LC1742-19	Jan 31-Feb 23	Tu/Th	07:10 PM-07:40 PM	8	\$69.50	SC1715-06
Jan 12-Mar 23	Th	05:55 PM-06:25 PM	10	\$87.00	LC1742-20	Mar 7-30	Tu/Th	04:35 PM-05:05 PM	8	\$69.50	SC1715-07
Jan 12-Mar 23	Th	06:20 PM-06:50 PM	10	\$87.00	LC1742-21	Mar 7-30	Tu/Th	06:25 PM-06:55 PM	8	\$69.50	SC1715-08
Jan 13-Mar 24	F	04:30 PM-05:00 PM	10	\$87.00	LC1742-22	Mar 7-30	Tu/Th	06:50 PM-07:20 PM	8	\$69.50	SC1715-09
Jan 13-Mar 24	F	05:05 PM-05:35 PM	10	\$87.00	LC1742-23	Mar 7-30	Tu/Th	07:25 PM-07:55 PM	8	\$69.50	SC1715-10
Jan 13-Mar 24	F	05:45 PM-06:15 PM	10	\$87.00	LC1742-24	Preschool 2 (Ages 3-5 yrs)					
Jan 13-Mar 24	F	06:30 PM-07:00 PM	10	\$87.00	LC1742-25	Jan 3-26	Tu/Th	05:25 PM-05:55 PM	8	\$69.50	SC1720-01
Swimmer 2 (Ages 6+)						Jan 3-26	Tu/Th	06:15 PM-06:45 PM	8	\$69.50	SC1720-02
Jan 7-Mar 18	Sa	09:00 AM-09:30 AM	10	\$87.00	LC1747-01	Jan 3-26	Tu/Th	06:35 PM-07:05 PM	8	\$69.50	SC1720-03
Jan 7-Mar 18	Sa	11:20 AM-11:50 AM	10	\$87.00	LC1747-02	Jan 6-Mar 24	F	04:00 PM-04:30 PM	10	\$87.00	SC1722-01
Jan 9-Mar 20	M	04:35 PM-05:05 PM	10	\$87.00	LC1747-03	Jan 6-Mar 24	F	05:10 PM-05:40 PM	10	\$87.00	SC1722-02
Jan 9-Mar 20	M	05:40 PM-06:10 PM	10	\$87.00	LC1747-04	Jan 6-Mar 24	F	06:00 PM-06:30 PM	10	\$87.00	SC1722-03
Jan 10-Mar 21	Tu	05:45 PM-06:15 PM	10	\$87.00	LC1747-05	Jan 6-Mar 24	F	06:35 PM-07:05 PM	10	\$87.00	SC1722-04
Jan 11-Mar 22	W	04:35 PM-05:05 PM	10	\$87.00	LC1747-06	Jan 7-Mar 25	Sa	09:35 AM-10:05 AM	10	\$87.00	SC1722-05
Jan 12-Mar 23	Th	04:45 PM-05:15 PM	10	\$87.00	LC1747-07	Jan 7-Mar 25	Sa	10:50 AM-11:20 AM	10	\$87.00	SC1722-06
Jan 12-Mar 23	Th	05:45 PM-06:15 PM	10	\$87.00	LC1747-08	Jan 7-Mar 25	Sa	11:25 AM-11:55 AM	10	\$87.00	SC1722-07
Jan 13-Mar 24	F	05:40 PM-06:10 PM	10	\$87.00	LC1747-09	Jan 31-Feb 23	Tu/Th	05:15 PM-05:45 PM	8	\$69.50	SC1720-04
Swimmer 3 (Ages 6+)						Jan 31-Feb 23	Tu/Th	06:00 PM-06:30 PM	8	\$69.50	SC1720-05
Jan 7-Mar 18	Sa	09:10 AM-09:40 AM	10	\$87.00	LC1752-01	Jan 31-Feb 23	Tu/Th	06:25 PM-06:55 PM	8	\$69.50	SC1720-06
Jan 7-Mar 18	Sa	10:10 AM-10:40 AM	10	\$87.00	LC1752-02	Jan 31-Feb 23	Tu/Th	06:50 PM-07:20 PM	8	\$69.50	SC1720-07
Jan 9-Mar 20	M	04:35 PM-05:05 PM	10	\$87.00	LC1752-03	Mar 7-30	Tu/Th	04:50 PM-05:20 PM	8	\$69.50	SC1720-08
Jan 9-Mar 20	M	06:20 PM-06:50 PM	10	\$87.00	LC1752-04	Mar 7-30	Tu/Th	05:10 PM-05:40 PM	8	\$69.50	SC1720-09
Jan 10-Mar 21	Tu	04:30 PM-05:00 PM	10	\$87.00	LC1752-05	Mar 7-30	Tu/Th	06:15 PM-06:45 PM	8	\$69.50	SC1720-10
Jan 10-Mar 21	Tu	05:40 PM-06:10 PM	10	\$87.00	LC1752-06	Mar 7-30	Tu/Th	07:25 PM-07:55 PM	8	\$69.50	SC1720-11
Jan 11-Mar 22	W	05:45 PM-06:15 PM	10	\$87.00	LC1752-07	Preschool 3 (Ages 3-5 yrs)					
Jan 11-Mar 22	W	06:20 PM-06:50 PM	10	\$87.00	LC1752-08	Jan 3-26	Tu/Th	05:10 PM-05:40 PM	8	\$69.50	SC1725-01
Jan 12-Mar 23	Th	05:10 PM-05:40 PM	11	\$87.00	LC1752-09	Jan 3-26	Tu/Th	07:10 PM-07:40 PM	8	\$69.50	SC1725-02
Swimmer 4 (Ages 6+)						Jan 6-Mar 24	F	04:35 PM-05:05 PM	10	\$87.00	SC1727-01
Jan 7-Mar 18	Sa	11:00 AM-11:45 AM	10	\$114.50	LC1757-01	Jan 6-Mar 24	F	05:10 PM-05:40 PM	10	\$87.00	SC1727-02
Jan 10-Mar 21	Tu	05:05 PM-05:50 PM	10	\$114.50	LC1757-02	Jan 7-Mar 25	Sa	10:15 AM-10:45 AM	10	\$87.00	SC1727-03
Jan 11-Mar 22	W	05:05 PM-05:50 PM	10	\$114.50	LC1757-03	Jan 31-Feb 23	Tu/Th	05:25 PM-05:55 PM	8	\$69.50	SC1725-03
Jan 11-Mar 22	W	05:40 PM-06:25 PM	10	\$114.50	LC1757-04	Jan 31-Feb 23	Tu/Th	06:35 PM-07:05 PM	8	\$69.50	SC1725-04
Jan 12-Mar 23	Th	05:05 PM-05:50 PM	10	\$114.50	LC1757-05	Mar 7-30	Tu/Th	04:40 PM-05:10 PM	8	\$69.50	SC1725-05
Jan 13-Mar 24	F	06:15 PM-07:00 PM	10	\$114.50	LC1757-06	Mar 7-30	Tu/Th	06:20 PM-06:50 PM	8	\$69.50	SC1725-06
Swimmer 5 (Ages 6+)											
Jan 7-Mar 18	Sa	09:35 AM-10:20 AM	10	\$114.50	LC1762-01						
Jan 7-Mar 18	Sa	10:45 AM-11:30 AM	10	\$114.50	LC1762-02						
Jan 9-Mar 20	M	04:30 PM-05:15 PM	10	\$114.50	LC1762-03						
Jan 11-Mar 22	W	04:30 PM-05:15 PM	10	\$114.50	LC1762-04						
Jan 12-Mar 23	Th	04:30 PM-05:15 PM	10	\$114.50	LC1762-05						
Jan 13-Mar 24	F	05:05 PM-05:50 PM	10	\$114.50	LC1762-06						


*Not sure what swim level
would suit your child?*

Refer to page 16-18 for lesson level descriptions.

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Preschool 4 (Ages 3-5 yrs)						Jan 31-Feb 23	Tu/Th	07:25 PM-07:55 PM	8	\$69.50	SC1750-04
Jan 3-26	Tu/Th	06:20 PM-06:50 PM	8	\$69.50	SC1730-01	Mar 7-30	Tu/Th	05:25 PM-05:55 PM	8	\$69.50	SC1750-05
Jan 6-Mar 24	F	04:35 PM-05:05 PM	10	\$87.00	SC1732-01	Mar 7-30	Tu/Th	06:50 PM-07:20 PM	8	\$69.50	SC1750-06
Jan 7-Mar 25	Sa	11:35 AM-12:05 PM	10	\$87.00	SC1732-02	Swimmer 4 (Ages 6+)					
Preschool 5 (Ages 3-5 yrs)						Jan 3-26	Tu/Th	04:35 PM-05:20 PM	8	\$91.50	SC1755-01
Jan 6-Mar 24	F	04:00 PM-04:30 PM	10	\$87.00	SC1737-01	Jan 3-26	Tu/Th	05:25 PM-06:10 PM	8	\$91.50	SC1755-02
Jan 31-Feb 23	Tu/Th	04:40 PM-05:10 PM	8	\$69.50	SC1735-01	Jan 3-26	Tu/Th	06:50 PM-07:35 PM	8	\$91.50	SC1755-03
Swimmer 1 (Ages 6+)						Jan 6-Mar 24	F	05:10 PM-05:55 PM	10	\$114.50	SC1757-01
Jan 3-26	Tu/Th	06:00 PM-06:30 PM	8	\$69.50	SC1740-01	Jan 6-Mar 24	F	05:40 PM-06:25 PM	10	\$114.50	SC1757-02
Jan 3-26	Tu/Th	06:55 PM-07:25 PM	8	\$69.50	SC1740-02	Jan 6-Mar 24	F	06:20 PM-07:05 PM	10	\$114.50	SC1757-03
Jan 6-Mar 24	F	04:00 PM-04:30 PM	10	\$87.00	SC1742-01	Jan 7-Mar 25	Sa	09:00 AM-09:45 AM	10	\$114.50	SC1757-04
Jan 6-Mar 24	F	06:35 PM-07:05 PM	10	\$87.00	SC1742-02	Jan 7-Mar 25	Sa	10:10 AM-10:55 AM	10	\$114.50	SC1757-05
Jan 7-Mar 25	Sa	09:05 AM-09:35 AM	10	\$87.00	SC1742-03	Jan 31-Feb 23	Tu/Th	04:35 PM-05:20 PM	8	\$91.50	SC1755-04
Jan 7-Mar 25	Sa	10:25 AM-10:55 AM	10	\$87.00	SC1742-04	Jan 31-Feb 23	Tu/Th	05:10 PM-05:55 PM	8	\$91.50	SC1755-05
Jan 31-Feb 23	Tu/Th	05:15 PM-05:45 PM	8	\$69.50	SC1740-03	Mar 7-30	Tu/Th	04:35 PM-05:20 PM	8	\$91.50	SC1755-06
Jan 31-Feb 23	Tu/Th	06:25 PM-06:55 PM	8	\$69.50	SC1740-04	Mar 7-30	Tu/Th	07:00 PM-07:45 PM	8	\$91.50	SC1755-07
Jan 31-Feb 23	Tu/Th	07:10 PM-07:40 PM	8	\$69.50	SC1740-05	Swimmer 5 (Ages 6+)					
Mar 7-30	Tu/Th	05:15 PM-05:45 PM	8	\$69.50	SC1740-06	Jan 3-26	Tu/Th	04:35 PM-05:20 PM	8	\$91.50	SC1760-01
Mar 7-30	Tu/Th	06:00 PM-06:30 PM	8	\$69.50	SC1740-07	Jan 6-Mar 24	F	04:35 PM-05:20 PM	10	\$114.50	SC1762-01
Swimmer 2 (Ages 6+)						Jan 7-Mar 25	Sa	10:10 AM-10:55 AM	10	\$114.50	SC1762-02
Jan 3-26	Tu/Th	04:35 PM-05:05 PM	8	\$69.50	SC1745-01	Jan 31-Feb 23	Tu/Th	04:35 PM-05:20 PM	8	\$91.50	SC1760-02
Jan 3-26	Tu/Th	05:25 PM-05:55 PM	8	\$69.50	SC1745-02	Mar 7-30	Tu/Th	05:25 PM-06:10 PM	8	\$91.50	SC1760-03
Jan 3-26	Tu/Th	07:30 PM-08:00 PM	8	\$69.50	SC1745-03	Swimmer 6 (Ages 6+)					
Jan 6-Mar 24	F	04:00 PM-04:30 PM	10	\$87.00	SC1747-01	Jan 3-26	Tu/Th	06:35 PM-07:20 PM	8	\$91.50	SC1765-01
Jan 6-Mar 24	F	05:25 PM-05:55 PM	10	\$87.00	SC1747-02	Jan 6-Mar 24	F	05:45 PM-06:30 PM	10	\$114.50	SC1767-01
Jan 7-Mar 25	Sa	09:40 AM-10:10 AM	10	\$87.00	SC1747-03	Jan 7-Mar 25	Sa	11:00 AM-11:45 AM	10	\$114.50	SC1767-02
Jan 7-Mar 25	Sa	10:15 AM-10:45 AM	10	\$87.00	SC1747-04	Jan 31-Feb 23	Tu/Th	06:00 PM-06:45 PM	8	\$91.50	SC1765-02
Jan 31-Feb 23	Tu/Th	04:35 PM-05:05 PM	8	\$69.50	SC1745-04	Mar 7-30	Tu/Th	06:35 PM-07:20 PM	8	\$91.50	SC1765-03
Jan 31-Feb 23	Tu/Th	06:00 PM-06:30 PM	8	\$69.50	SC1745-05	Rookie Patrol (Ages 6+)					
Mar 7-30	Tu/Th	04:35 PM-05:05 PM	8	\$69.50	SC1745-06	Jan 3-26	Tu/Th	05:45 PM-06:45 PM	8	\$104.75	SC1770-01
Mar 7-30	Tu/Th	05:50 PM-06:20 PM	8	\$69.50	SC1745-07	Jan 7-Mar 25	Sa	11:00 AM-12:00 PM	10	\$131.00	SC1772-01
Mar 7-30	Tu/Th	07:25 PM-07:55 PM	8	\$69.50	SC1745-08	Mar 7-30	Tu/Th	06:55 PM-07:55 PM	8	\$104.75	SC1770-02
Swimmer 3 (Ages 6+)						Ranger Patrol (Ages 6+)					
Jan 3-26	Tu/Th	05:45 PM-06:15 PM	8	\$69.50	SC1750-01	Jan 3-26	Tu/Th	06:50 PM-07:50 PM	8	\$104.75	SC1775-01
Jan 3-26	Tu/Th	07:25 PM-07:55 PM	8	\$69.50	SC1750-02	Jan 6-Mar 24	F	04:35 PM-05:35 PM	10	\$131.00	SC1777-01
Jan 6-Mar 24	F	05:45 PM-06:15 PM	10	\$87.00	SC1752-01	Mar 7-30	Tu/Th	05:45 PM-06:45 PM	8	\$104.75	SC1775-02
Jan 6-Mar 24	F	06:35 PM-07:05 PM	10	\$87.00	SC1752-02	Star Patrol (Ages 6+)					
Jan 7-Mar 25	Sa	09:35 AM-10:05 AM	10	\$87.00	SC1752-03	Jan 7-Mar 25	Sa	09:05 AM-10:05 AM	10	\$131.00	SC1782-01
Jan 7-Mar 25	Sa	10:50 AM-11:20 AM	10	\$87.00	SC1752-04	Jan 31-Feb 23	Tu/Th	07:00 PM-08:00 PM	8	\$104.75	SC1780-01
Jan 31-Feb 23	Tu/Th	05:50 PM-06:20 PM	8	\$69.50	SC1750-03						

LIFESAVING SOCIETY SWIM LESSON LISTINGS (ADULT)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAKEWOOD CIVIC CENTRE 1635 Mc Kercher Drive						SHAW CENTRE 122 Bowlf Crescent					
Adult Swimmer 1						Adult Swimmer 1					
Jan 15-Mar 26	Su	08:00 PM-08:45 PM	10	\$143.75	LW1901-01	Jan 31-Feb 23	Tu/Th	07:00 PM-07:45 PM	8	\$115.00	SC1901-01
Adult Swimmer 2											
Jan 15-Mar 26	Su	08:00 PM-08:45 PM	10	\$143.75	LW1902-01						
LAWSON CIVIC CENTRE 225 Primrose Drive											
Adult Swimmer 1											
Jan 10-Mar 21	Tu	06:15 PM-07:00 PM	10	\$143.75	LC1907-01						
Adult Swimmer 2											
Jan 10-Mar 21	Tu	06:15 PM-07:00 PM	10	\$143.75	LC1909-01						

Find programs and register online at leisureonline.saskatoon.ca

LIFESAVING SOCIETY SWIM LESSONS

PROGRAMS & ACTIVITIES

ADDITIONAL SWIM LESSON OPTIONS

New! Registration for Private & Semi-Private swim lessons will open on **Monday, December 5**. This change is being piloted in an effort to reduce wait times for phone line registrations.

Private Swim Lessons

Receive personalized attention with one-on-one private swim lessons. With the instructor's full attention, these half-hour sessions are an excellent opportunity to get to the next level of development. Available at Lakewood Civic Centre, Lawson Civic Centre and Shaw Centre. Starting Monday, December 5, call the Leisure Centre you are interested in taking lessons at to register.

Youth 1 session \$37.50 • 3 sessions \$109.75 • 5 sessions \$178.75
Adult 1 session \$41.75 • 3 sessions \$118.50 • 5 sessions \$193.50

Semi-Private Swim Lessons

Groups of two receive personalized instruction in semi-private swim lessons. Available at Lakewood Civic Centre, Lawson Civic Centre and Shaw Centre. Starting Monday, December 5, call the Leisure Centre you are interested in taking lessons at to register. All sessions are half-hour; prices are per person.

Youth 1 session \$28.25 • 3 sessions \$80.50 • 5 sessions \$131.00
Adult 1 session \$32.75 • 3 sessions \$92.75 • 5 sessions \$150.75

PRESCHOOL RECREATION PROGRAMS

PROGRAMS & ACTIVITIES

LEARN TO SKATE

Preschool Learn to Skate

3-5 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 bring their own skates and helmet; without these they will not be allowed on the ice. Skate aids are prohibited on the ice during the class. (Note: unparented class).

ACT Arena

Jan 10-Mar 7 Tu 04:15 PM-04:45 PM \$72.00 AC1352-01

Cosmo Arena

Jan 11-Mar 8 W 04:15 PM-04:45 PM \$72.00 CA1352-01

Jan 12-Mar 9 Th 04:15 PM-04:45 PM \$72.00 CA1352-02

Lions Arena

Jan 9-Mar 6 M 04:15 PM-04:45 PM \$72.00 LI1352-01

PLAY & LEARN

Toddlers on the Move

2-3 yrs. Children will play with parachutes, mats, a balance beam and much more. Instructor led. Parents/guardians must be present.

Lakewood Civic Centre

Jan 8-Feb 5 Su 10:15 AM-11:00 AM \$44.75 LW1370-01

Feb 11-Mar 18 Sa 09:15 AM-10:00 AM \$44.75 LW1370-02

Lawson Civic Centre

Jan 15-Feb 12 Su 01:30 PM-02:15 PM \$44.75 LC1370-01

Jan 13-Feb 10 F 11:45 AM-12:30 PM \$44.75 LC1370-02

Feb 26-Mar 26 Su 02:30 PM-03:15 PM \$44.75 LC1370-03

Shaw Centre

Jan 7-Feb 4 Sa 09:15 AM-10:00 AM \$44.75 SC1370-01

Feb 25-Mar 25 Sa 10:15 AM-11:00 AM \$44.75 SC1370-02

Kids on the Move

3-5 yrs. Burn off all that energy by participating in fun instructor-led games and activities using balls, hoops, sports equipment and parachutes. Parent/guardian participation is not required.

Lakewood Civic Centre

Jan 7-Feb 4 Sa 10:15 AM-11:00 AM \$43.50 LW1324-01

Feb 11-Mar 18 Sa 11:15 AM-12:00 PM \$43.50 LW1324-02

Lawson Civic Centre

Jan 15-Feb 12 Su 02:30 PM-03:15 PM \$43.50 LC1324-01

Feb 26-Mar 26 Su 03:30 PM-04:15 PM \$43.50 LC1324-02

PRESCHOOL SPORT

Sporty Stars

3-5 yrs. An instructor will introduce children to a variety of sports including soccer, floor hockey and basketball. Something new each week.

Lakewood Civic Centre

Jan 7-Feb 4 Sa 09:15 AM-10:00 AM \$44.75 LW1364-01

Feb 11-Mar 18 Sa 10:15 AM-11:00 AM \$44.75 LW1364-02

Feb 12-Mar 19 Su 10:15 AM-11:00 AM \$44.75 LW1364-03



Lawson Civic Centre

Jan 15-Feb 12 Su 03:30 PM-04:15 PM \$44.75 LC1364-01

Feb 26-Mar 26 Su 01:30 PM-02:15 PM \$44.75 LC1364-02

Mar 3-31 F 11:45 AM-12:30 PM \$44.75 LC1364-03

Shaw Centre

Jan 7-Feb 4 Sa 10:15 AM-11:00 AM \$44.75 SC1364-01

Feb 25-Mar 25 Sa 09:15 AM-10:00 AM \$44.75 SC1364-02



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. Prices include applicable taxes.

Up to 10 people \$213.50 • Up to 15 people \$275.50
 Up to 20 people \$344.25

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

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).

Lions Arena

Jan 9-Mar 6	M	04:00 PM-04:45 PM	\$93.50	LI1305-01
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ACT Arena

Jan 10-Mar 7	Tu	04:00 PM-04:45 PM	\$93.50	AC1305-01
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Cosmo Arena

Jan 11-Mar 8	W	04:00 PM-04:45 PM	\$93.50	CA1305-01
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Jan 12-Mar 9	Th	04:00 PM-04:45 PM	\$93.50	CA1305-02
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CHILDREN SPORT

Sport Mash-up

6-10 yrs. Basketball, soccer, floor hockey, badminton, 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 happen each week.

Lakewood Civic Centre

Jan 7-Feb 4	Sa	11:15 AM-12:15 PM	\$56.50	LW1363-01
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Feb 12-Mar 19*	Su	11:15 AM-12:15 PM	\$56.50	LW1363-02
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Shaw Centre

Jan 7-Feb 4	Sa	11:15 AM-12:15 PM	\$56.50	SC1363-01
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*Cancelled Feb 19

Flag Football

6-9 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

Feb 26-Mar 26	Su	12:30 PM-01:30 PM	\$62.25	FH1313-01
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Kicks for Kids

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

Lakewood Civic Centre

Jan 8-Feb 5	Su	11:15 AM-12:15 PM	\$62.25	LW1323-01
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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 need to bring their own ball glove.

Saskatoon Field House

Feb 26-Mar 26	Su	01:45 PM-02:45 PM	\$62.25	FH1367-01
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CAMPS

Sport & Splash Camp

7-12 yrs. Run, jump, kick, throw, skip, slide, dive and dash. A perfect full-day camp for kids who like to have fun and keep active. Campers will participate in a daily recreational swim and try their hand at a variety of non-competitive sports, games and activities.

Shaw Centre

Feb 21-24	Tu-F	09:00 AM-04:00 PM	\$150.25	SC1359-01
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Extended Drop-off & Pick up is available for children registered in the Sport & Splash Camp who need to be dropped off early or picked up late.

Shaw Centre

Feb 21-24	Tu-F	08:00 AM-09:00 AM 04:00 PM-05:00 PM	\$30.25	SC1312-01
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Planning a birthday party?
See page 23.

YOUTH PERSONAL TRAINING & FITNESS CONSULTATIONS

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.

3 Sessions **\$130.50**

Lakewood Civic Centre	LW1349-01
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Lawson Civic Centre	LC1349-01
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Saskatoon Field House	FH1349-01
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Shaw Centre	SC1349-01
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6 Sessions **\$261.25**

Lakewood Civic Centre	LW1348-01
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Lawson Civic Centre	LC1348-01
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Saskatoon Field House	FH1348-01
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Shaw Centre	SC1348-01
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11 Sessions **\$478.75**

Lakewood Civic Centre	LW1347-01
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Lawson Civic Centre	LC1347-01
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Saskatoon Field House	FH1347-01
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Shaw Centre	SC1347-01
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Introduction to Youth Weight Room Training

13-15 yrs. A Certified Personal Trainer will guide you through the proper use of the cardio and weight training equipment at the Leisure Centre of your choice. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

1-hour session **\$39.00**

Lakewood Civic Centre	LW1381-01
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Lawson Civic Centre	LC1381-01
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Saskatoon Field House	FH1381-01
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Shaw Centre	SC1381-01
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Youth Weight Training

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 session **\$59.00**

Lakewood Civic Centre	LW1372-01
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Lawson Civic Centre	LC1372-01
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Saskatoon Field House	FH1372-01
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Shaw Centre	SC1372-01
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FREE COMMUNITY PROGRAMS

PROGRAMS & ACTIVITIES

UPCOMING PROGRAMS & EVENTS

For more information about these FREE programs and events, visit leisureonline.saskatoon.ca or call 306-975-3378. Unless noted otherwise, pre-registration is required for these programs and events.

School Beak Camp

10-14 yrs. Free! Join us during the school break for three days of sports and activities led by qualified instructors. Register for as many sessions as you would like. For more information contact 306-975-3378.

Channel Performance (Bay D-119 105th Street East)

Flexibility and Gymnastics	Feb 21	Tu	09:00 AM-12:00 PM	CD1380-01
Cheerleading and Circus	Feb 21	Tu	01:00 PM-04:00 PM	CD1380-02

Cosmo Civic Centre (3130 Laurier Drive)

Fencing	Feb 22	W	09:00 AM-12:00 PM	CD1380-03
Print Making	Feb 22	W	01:00 PM-04:00 PM	CD1380-04
Soccer	Feb 23	Th	09:00 AM-12:00 PM	CD1380-05

Lawson Civic Centre (225 Primrose Drive)

Aqua Fun	Feb 23	Th	01:00 PM-04:00 PM	CD1380-06
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Multi Sport Sampler

7-14 yrs. Free! A great opportunity for children and youth to engage in physical activity while developing new and improved skills in a wide variety of sport activities.

ACT Arena (107 105 Street East)

Power Skating	Jan 23	M	09:00 AM-12:00 PM	CD1639-01
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Location TBD*

Activity TBD*	Jan 23	M	01:00 PM-04:00 PM	CD1639-02
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* Location and activity are TBD. Watch for more details at leisureonline.saskatoon.ca

WINTER PLAY PROGRAM

FREE! Each session is a great way for children to stay active while learning and developing skills in classic Canadian or Indigenous winter sports. All equipment is provided. Visit leisureonline.saskatoon.ca or call 306-975-2800 for more information.

Winter Wonderland Activities: Playday in the Park

6-12 yrs. Free! Each session is a great way for children and families to stay active and have fun enjoying the outdoors. All equipment will be provided.

Greystone Heights Rec Unit (2711 Main Street)

Saturday, January 28 • 1:00 to 4:00 p.m.

Westview Heights Rec Unit (2230 Richardson Road)

Saturday, February 4 • 1:00 to 4:00 p.m.

Charlottetown Park (3130 Laurier Drive, behind Cosmo Civic Centre)

Saturday, February 11 • 1:00 to 4:00 p.m.

EVENTS

Family Day Skate

FREE! Bring your skates, safety gear and skate assist and enjoy skating with your family. Participants under the age of 6 must be accompanied by a parent/guardian at all times while on the ice. Please dress warm. Visit leisureonline.saskatoon.ca or call 306-975-2800 for more information.

Cosmo Arena (3130 Laurier Drive)

Monday, February 20 • 1:00 PM-4:00 PM

MÈ TA WÈ TÀN PROGRAMS



Mè Ta Wè Tàn programs are a fun way for all ages to learn more about Indigenous traditions and get active in sport, culture and recreation. Connect with others with similar interests and experience something new in a comfortable environment. All programs are FREE!

For more information on programs including dates and times, visit saskatoon.ca/metawetan or call 306-975-3378.

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

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Stay Connected!

Subscribe to the Leisure eNewsletter

Visit saskatoon.ca/leisurecentres to sign up for updates on Leisure Centre programming, the Leisure Guide and other seasonal leisure facilities and attractions.

The eNewsletter is sent out three to four times a year and you can unsubscribe at any time.



BEGINNER FITNESS

Classes offer fitness opportunities, resources and education for those new or returning to an active lifestyle. Class content is designed to build confidence and ensure participant safety.

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

Feb 4-25	Sa	01:00 PM-02:00 PM	\$34.25	FH1320-01
Feb 4-25	Sa	02:15 PM-03:15 PM	\$34.25	FH1320-02
Mar 5-19	Su	10:00 AM-11:00 AM	\$34.25	FH1320-03
Mar 5-19	Su	11:15 AM-12:15 PM	\$34.25	FH1320-04

Learn to Fitness Yoga

No flexibility 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.

Lakewood Civic Centre

Jan 10-24	Tu	06:00 PM-07:00 PM	\$15.00	LW1327-01
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Saskatoon Field House

Jan 23-Feb 6	M	06:30 PM-07:30 PM	\$15.00	FH1327-01
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Shaw Centre

Jan 20-Feb 3	F	07:00 PM-08:00 PM	\$15.00	SC1327-01
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**Learn to Group Cycle**

No need to stop biking just because of cooler weather. 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.

Shaw Centre

Jan 8-22	Su	09:15 AM-10:15 AM	\$15.00	SC1333-01
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Saskatoon Field House

Jan 10-24	Tu	06:30 PM-07:30 PM	\$15.00	FH1333-01
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What is a Learn to Program?

Designed with the beginner in mind, Learn to Classes offer a 15 minute session at the end of each class to ask the instructor individual questions. Gain skills and become comfortable in tackling a new fitness activity.

Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this 90-minute session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. Whether you've been a customer for many years, or are brand new to the Leisure Centres, this is the perfect setting to get started.

Visit saskatoon.ca/leisureonline to reserve your spot in advance.

Lakewood Civic Centre

Jan 9	M	06:00 PM-07:30 PM	FREE	LW1817-01
Jan 12	Th	06:00 PM-07:30 PM	FREE	LW1817-02

Lawson Civic Centre

Jan 19	Th	06:45 PM-08:15 PM	FREE	LC1817-01
Feb 21	Su	06:45 PM-08:15 PM	FREE	LC1817-02

Shaw Centre

Feb 3	F	05:30 PM-07:00 PM	FREE	SC1817-01
Mar 3	F	05:30 PM-07:00 PM	FREE	SC1817-02

Saskatoon Field House

Jan 3	Tu	05:30 PM-07:00 PM	FREE	FH1817-01
Jan 5	Th	05:30 PM-07:00 PM	FREE	FH1817-02

Learn to Step

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

Saskatoon Field House

Mar 2-23	Th	08:00 PM-09:00 PM	\$15.00	FH1334-01
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Learn to Pole Walk

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

Saskatoon Field House

Jan 8-29*	Su	01:00 PM-02:00 PM	\$15.00	FH1330-01
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*Cancelled Jan 22

ADULT PERSONAL TRAINING & FITNESS CONSULTATIONS

Each personal training session includes a one-hour Personal Consultation to discuss your specific needs and goals. This is an opportunity for you and your trainer to meet, build rapport and gather the information needed to develop an action plan.

Semi-Private Training

A Certified Personal Trainer will design and monitor each workout based on your needs. One-hour sessions determined by you and your trainer. Register together.

6 sessions

\$250.75*

Lakewood Civic Centre

LW1356-01

Lawson Civic Centre

LC1356-01

Saskatoon Field House

FH1356-01

Shaw Centre

SC1356-01

11 sessions

\$442.25*

Lakewood Civic Centre

LW1355-01

Lawson Civic Centre

LC1355-01

Saskatoon Field House

FH1355-01

Shaw Centre

SC1355-01

*Price per person



Find programs and register online at
leisureonline.saskatoon.ca

ADULT RECREATION PROGRAMS

PROGRAMS & ACTIVITIES

Personal Training

A Certified Personal Trainer will design and monitor each workout based on your needs. One-hour sessions determined by you and your trainer.

3 Sessions	\$164.50
Lakewood Civic Centre	LW1346-01
Lawson Civic Centre	LC1346-01
Saskatoon Field House	FH1346-01
Shaw Centre	SC4346-01

6 Sessions	\$329.00
Lakewood Civic Centre	LW4345-01
Lawson Civic Centre	LC4345-01
Saskatoon Field House	FH4345-01
Shaw Centre	SC4345-01

11 Sessions	\$595.00
Lakewood Civic Centre	LW4344-01
Lawson Civic Centre	LC4344-01
Saskatoon Field House	FH4344-01
Shaw Centre	SC4344-01

Revamp Your Workout

Have you 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	\$87.25
Lakewood Civic Centre	LW1353-01
Lawson Civic Centre	LC1353-01
Saskatoon Field House	FH1353-01
Shaw Centre	SC1353-01

Home Fitness

Our fitness consultants will design a home training option that fits your needs and lifestyle with minimal equipment. Consultation and training will occur at the Leisure Centre of your choice.

1 hour consultation & 1 hour training	\$87.25
Cosmo Civic Centre	CC1317-01
Lakewood Civic Centre	LW1317-01
Lawson Civic Centre	LC1317-01
Saskatoon Field House	FH1317-01
Shaw Centre	SC1317-01

Adult Basic Weight Training

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	\$64.75
Lakewood Civic Centre	LW1302-01
Lawson Civic Centre	LC1302-01
Saskatoon Field House	FH1302-01
Shaw Centre	SC1302-01

Bonus December Programming!

During the holiday season additional public swimming, public skating and open gym times are offered at our leisure facilities.

Visit saskatoon.ca/leisureonline for additions to the drop-in schedule.

Child Minding

Make time for you! Available at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre.

See page 10 or visit saskatoon.ca/leisureonline for hours.

GENERAL FITNESS

Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.

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 6 weeks postpartum (8+ weeks for caesarean).

Saskatoon Field House

Jan 16-Mar 13	M	11:00 AM-11:45 AM	\$56.50	FH1338-01
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Shaw Centre

Jan 10-Feb 2	Tu/Th	01:15 PM-02:00 PM	\$56.50	SC1338-01
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Mommy and Me Strollfit

Perfect for new parents and their babies. Combines walking the track with your baby as well as muscle strengthening and postnatal core-specific work. It is recommended moms be six weeks postpartum (8+ for caesarean).

Saskatoon Field House

Jan 3-Feb 2	Tu/Th	10:45 AM-11:30 AM	\$56.50	FH1339-01
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Feb 7-Mar 2	Tu/Th	10:45 AM-11:30 AM	\$56.50	FH1339-02
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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

Feb 1-27	M/W/F	01:15 PM-02:15 PM	\$50.50	FH1365-01
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Mar 1-31	M/W/F	01:15 PM-02:15 PM	\$50.50	FH1365-02
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PROGRAMS & ACTIVITIES

SPECIALIZED WELLNESS PROGRAMS

Participants with health concerns benefit from supervised exercise support, education and social interaction.

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

Jan-Mar	Tu, Th	Mornings
	Tu, Th	Evenings

The First Step Program™ is provided in partnership with the City of Saskatoon, LiveWell and Saskatchewan Health Authority.



Minds in Motion®

A 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 family member or friend. Develop new friendships in a relaxed atmosphere with others living similar experiences. For more information, contact Connie at 1-800-263-3367, by email at mindsinmotion@alzheimer.sk.ca, or visit alzheimer.ca/sk.

Saskatoon Field House

Jan 24-Apr 4*	Tu	01:30 PM-03:30 PM	\$30	FH1510-01
Feb 2-Apr 20**	Th	01:30 PM-03:30 PM	\$30	FH1510-02

*No class Mar 7. **No class Feb 23 & Mar 9.

Minds in Motion® is provided in partnership with the City of Saskatoon and the Alzheimer Society of Saskatchewan and Information Services Corporation.

Neuro (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

Neuro (Stroke) Exercise

Jan-Mar	Tu, Th	01:00 PM-02:30 PM
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Parkinson's Exercise

Jan-Mar	M, W, F	02:45 PM-03:45 PM
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PROGRAMS & ACTIVITIES

TRAINING & CERTIFICATION PROGRAMS

NOTE: Pre-registration is required for most items listed in this section. For details on how to register, see page 15 unless other instructions are provided in the course details.

Full attendance is mandatory for training and certification programs.

FIRST AID & CPR CERTIFICATION

Red Cross Standard First Aid & CPR and AED Course

Learn Standard First Aid, CPR and AED skills in this certification course. Fee does not include manual cost of \$28.61. 100% attendance is mandatory.

Cosmo Civic Centre

Jan 14 & 15	Sa/Su	09:00 AM-05:30 PM	\$134.75	CC1609-01
Feb 11 & 12	Sa/Su	09:00 AM-05:30 PM	\$134.75	CC1609-02
Mar 18 & 19	Sa/Su	09:00 AM-05:30 PM	\$134.75	CC1609-03

Red Cross Standard First Aid & CPR and AED Recertification

Annual recertification is recommended. Refresh your First Aid, CPR and AED skills in this course. A current certification is required to register. 100% attendance is mandatory.

Cosmo Civic Centre

Mar 5	Su	09:00 AM-05:30 PM	\$75.75	CC1610-01
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LIFESAVING & GUARDING

Lifesaving Society Bronze Star

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Fee does not include manual cost of \$39.90, which is also required for Bronze Medallion and Bronze Cross. 100% attendance is mandatory.

Lawson Civic Centre

Jan 12-Mar 23	Th	05:45 PM-07:00 PM	\$109.00	LC1605-01
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Lifesaving Society Bronze Medallion

Prerequisites: minimum 13 years of age or Bronze Star. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Fee does not include manual cost of \$39.90 (also required for Bronze Cross). 100% attendance is mandatory.

Lawson Civic Centre

Jan 9-Mar 20	M	05:00 PM-7:00 PM	\$132.25	LC1604-01
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Lifesaving Society Bronze Cross

Prerequisites: Bronze Medallion. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Fee does not include manual cost of \$39.90. 100% attendance is mandatory.

Lakewood Civic Centre

Mar 27	M	04:00 PM-10:00 PM	\$132.25	LW1603-01
Mar 28-31	Tu-F	04:00 PM-08:00 PM		

Lifesaving Society National Lifeguard Award

15 yrs+. Pre-requisite: Bronze Cross and Standard First Aid, CPR C and AED certification. Builds on fundamental skills, knowledge and values taught in the lifesaving awards to further the development of the practical skills required of lifeguards. Fee does not include manual cost of \$39.90. 100% attendance is mandatory.

Shaw Centre

Jan 6 & 20	F	05:30 PM-10:00 PM	\$189.25	SC1606-01
Jan 7 & 21	Sa	09:00 AM-06:30 PM		
Jan 8 & 22	Su	09:00 AM-06:30 PM		



BECOME A LIFEGUARD!

As a City of Saskatoon Lifeguard you will...

- Earn \$\$\$ • Be a role model • Work as part of a team
- Build confidence and life skills • Earn bathing suit reimbursements
- Meet new friends • Receive a free LeisureCard to use at City facilities
- Eligible for free recertification of awards
- Receive medical and dental benefits
- Have flexibility to choose your hours of availability

For more employment* information contact 306-975-3321.

* To obtain employment as a Lifeguard with the City of Saskatoon, both the Lifesaving Society National Lifeguard Award and the Lifesaving Society Combined Swim for Life and Lifesaving Instructor Program must be completed.

STEPS TO BECOMING A LIFEGUARD

- 1 LIFESAVING SOCIETY BRONZE MEDALLION
Pre-requisites: 13 years old or Lifesaving Society Bronze Star
- 2 LIFESAVING SOCIETY BRONZE CROSS
Pre-requisites: Lifesaving Society Bronze Medallion
- 3 STANDARD FIRST AID/CPR-C AED**
Pre-requisites: None

LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)**

Pre-requisites: 15 years old, and Standard First-Aid & CPR-C/AED or Aquatic Emergency Care, and Lifesaving Society Bronze Cross

LIFESAVING SOCIETY COMBINED SWIM FOR LIFE & LIFESAVING INSTRUCTOR PROGRAM**
Pre-requisites: 15 years old and Lifesaving Society Bronze Cross (or higher)

**Courses listed in step 3 can be completed in any order.

Lifesaving Society National Lifeguard Recertification

Pre-requisite: Proof of National Lifeguard Award certification. This is a recertification course for the National Lifeguard Award, which must be done every two years in order to remain certified.

Shaw Centre

Feb 19 Su 04:00 PM-08:00 PM \$70.50 SC1607-01

New! Combined Lifesaving Society Lifesaving Instructor Course

Pre-requisite: 15 years old and Bronze Cross award (need not be current). This leadership course provides candidates with theory, knowledge and skill, and practice to become certified and teach the following Lifesaving Society programs and awards:

- Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer and Fitness Swimmer
- Canadian Swim Patrol Program: Rookie Patrol, Ranger Patrol and Star Patrol levels
- CPR and AED
- Bronze Star
- Bronze Medallion*
- Bronze Cross*

Fee does not include manual cost of \$85.00.

*Mentorship required to become Examiner

Lakewood Civic Centre

Feb 21-25 Tu-Sa 12:00 PM-10:00 PM \$270.50 LW1601-01

SPRA FITNESS LEADERSHIP CERTIFICATION PROGRAM

Becoming a fitness leader requires a minimum of two Saskatchewan Parks and Recreation Association (SPRA) courses. Each course has a written exam following the course and every certification requires a practical assessment. Participants must complete CPR and Standard First Aid prior to certification. For more information on the SPRA Fitness Leadership Certification Program visit spra.sk.ca.

STEPS TO BECOMING A CERTIFIED SPRA FITNESS INSTRUCTOR

- 1 EXERCISE THEORY COURSE
Prerequisite: 16 years old.
- 2 Then select one or more courses:
 - a GROUP EXERCISE FUNDAMENTALS COURSE
Plus one or more GROUP SPECIALTY COURSES:
 - Total Body Conditioning
 - Step and Choreography
 - Group Cycle
 - Fitness Yoga
 - b AQUATIC EXERCISE COURSE
 - c EXERCISE FOR OLDER ADULTS COURSE

How to Become a Certified Fitness Instructor

16 yrs+. This free information session will review the application process and requirements to become a City of Saskatoon contract fitness instructor. We will review the courses required to teach the National Fitness Leadership Alliance certifications (exercise theory, group exercise, aquatic exercise, etc). We will also discuss the City's mentoring program, bursary



Find programs and register online at
leisureonline.saskatoon.ca



program and the benefits of being a fitness instructor for the City and neighbourhood Community Associations.

Virtual Session

Jan 3 Tu 06:00 PM-07:30 PM FREE VT1318-01

SPRA Exercise Theory Course

16 yrs+. A 24-hour course introduces basic exercise theory, nutrition, anatomy, physiology, communication and leadership. Written exam is held at the conclusion of the course. Manual and pre-course information can be picked up at the host site one week prior to start date. Fee does not include manual cost of \$76.59.

Cosmo Civic Centre

Jan 20 & 27 F 06:00 PM-10:00 PM \$317.00 CC1613-01
Jan 21 & 28 Sa 09:00 AM-05:00 PM

SPRA Group Exercise Fundamentals Course

16 yrs+. Pre-requisite: SPRA Exercise Theory Module. A 12-hour course covering a variety of topics for leading group exercise classes including leadership, safety, class design, use of music, movement and cuing, exercise analysis and more. Fee does not include manual cost of \$59.94.

Saskatoon Field House

Feb 10 F 06:00 PM-10:00 PM \$221.50 FH1614-01
Feb 11 Sa 09:00 AM-05:00 PM

SPRA Exercise for Older Adults Course

16 yrs+. Pre-requisite: SPRA Exercise Theory Course. This 20-hour course will increase your knowledge and confidence level leading a group exercise class for older adults on land. An individualized practical component must be completed following the course for certification. Course manual and pre-course information can be picked up from the host site one week prior to the course start date. Fee does not include manual cost of \$76.59 or practical exam fee of \$50 payable to course instructor on exam day.

Saskatoon Field House

Mar 3 F 06:00 PM-10:00 PM \$269.75 FH1625-01
Mar 4 & 5 Sa/Su 09:00 AM-05:00 PM

SPRA Total Body Conditioning Specialty Course

16 yrs+. Pre-requisite: SPRA Group Exercise Fundamentals Course. This 8-hour practical-based course covers specific information for planning and developing classes that include a cardio component and use of portable equipment such as free weights, body bars/barbells, stability balls, tubing/bands, BOSU® and medicine balls. Practical exam fee of \$50 is not included in registration fee and is payable on exam day.

Saskatoon Field House

Feb 12 Su 09:00 AM-05:00 PM \$122.25 FH1612-01

Note: SPRA Aquatic Exercise, Group Cycle, Step and Choreography and Fitness Yoga Specialty Courses will be offered in upcoming seasons. Watch for more details!



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, Indoor Rinks, Saskatoon Forestry Farm Park & Zoo, Golf Courses, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

Bulk Tickets

Get 10 general admissions for less than the price of 8! Split up or give as a pack for drop-in access to any Leisure Centre.

Available at all the participating facilities.

saskatoon.ca/admissions



LEISURE CENTRES

SEASONAL FUN!

Get out and play this winter!

Does the cold and snow have you hiding inside? Embrace the frosty weather and enjoy everything it has to offer! Saskatoon has great programs and amenities for all ages and interests. Gather the family for an afternoon of skating, take a scenic stroll around the Zoo, try cross country skiing or even play in the snow with your dog. We've got you covered so you can break free from your winter hibernation!

ICE SKATING

SEASONAL FUN!

Saskatoon offers many fun and exciting programs at five indoor rinks, over 50 city-wide outdoor rinks and the Clarence Downey Speed Skating Oval. Get more information on these great facilities and the programs offered at each at saskatoon.ca/rinks.

INDOOR RINKS

The City of Saskatoon's five indoor ice rinks are home to hockey, ringette, figure skating and speed skating clubs, as well as public skating, Parent and Tot and Learn-to-Skate programs. WiFi is available at all locations.

For more information on public skating and Parent and Tot times visit saskatoon.ca/dropinonline. For more information on Learn-to-Skate programs refer to pages 23 and 24.

ACT Arena

107-105th Street • 306-975-3316 • Open year-round

Archibald Arena

1410 Windsor Street • 306-975-3313 • Closes March 19

Cosmo Arena

3130 Laurier Drive • 306-975-3370 • Closes March 19

Lions Arena

2205 McEown Avenue • 306-975-3306 • Closes March 19

Gordie Howe Kinsmen Arena (available for rentals only until March 24)
1405 Avenue P South • 306-975-3310



ADMISSIONS Prices include applicable taxes.

Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family*	Parent & Tot
\$6.35	\$4.25	FREE	\$12.70	FREE

Cash, LeisureCards and Leisure Gift Cards accepted. Children under the age of six must be accompanied by an adult minimum of 16 years of age. Maximum two preschoolers per adult. *Family is defined as a group up to seven individuals, related by birth, legal status, or marriage, with a maximum of two adults.

RENTALS

All rinks are available for rental for a variety of activities. For bookings and assistance with available times and rental rates, call the Allocations Office at 306-975-3366 or email allocations@saskatoon.ca.

CLARENCE DOWNEY SPEED SKATING OVAL

Dudley Street & Avenue R South in Gordie Howe Sports Complex

The Clarence Downey Speed Skating Oval offers an exciting change of pace for skating enthusiasts! No need for speed skates to enjoy a day on this 400-metre oval — there are different lanes for different speeds and lots of room for every level of skater. The new K + S Multi-Sports Centre will be open during the Oval hours of operation to support public skating and Nordic skiing at the Gordie Howe Sports Complex. Amenities include washrooms, change rooms and showers, warm-up and gathering area, exterior bleacher seating during public skating, vending machines for snacks and beverages. *Admission is FREE.*

Open December 15-March 1 (*weather & ice conditions permitting*)

Monday to Thursday 12:00 PM-03:30 PM & 04:30 PM-08:00 PM

Saturday & Sunday 10:15 AM-06:00 PM



OUTDOOR RINKS

Saskatoon's Community Associations own and operate over 50 outdoor rinks throughout the city for the public to enjoy. Visit pages 35-40 or check your Community Association's website or Facebook page for up-to-date schedule information.



PROGRAMS & ACTIVITIES

CROSS COUNTRY SKIING

Whether a novice, intermediate or advanced skier, you can enjoy a cross country ski experience right here in Saskatoon! Ski trails are groomed and maintained by the City of Saskatoon and the Saskatoon Nordic Ski Club. Call the Ski Trail Information Line at 306-975-3300 to find out more about ski locations and daily snow conditions. The Saskatoon Nordic Ski Club no longer offers lessons out of Kinsmen Park, and now offers them at Holiday Park Golf Course and Gordie Howe Complex. For more information visit their website at saskatoonnordicski.ca.

PRIMARY TRAILS

Holiday Park Golf Course*

Access at Avenue U South

Outside loop 3.5 km double classic track & skating lane.

Wildwood Golf Course*

Access at 4050 8th Street East

A 2.5 km trail set for classic skiing and a 5.5 km trail set for both classic and skate skiing.

Kinsmen Park

Access at Spadina Crescent

West by the Mendel Building.

2.7 km single track set for both classic and skate skiing.

Lower Meewasin Park

Access at Pinehouse & Whiteswan Drives

Loop 4.8 km single classic track.

** Maintained by the Saskatoon Nordic Ski Club.*

Upper Meewasin Park

Access at Pinehouse and Whiteswan Drives

Loop 3.4 km single classic track.

Meewasin Park to Adilman buffer

Access at east end of Adilman Drive or Meewasin Park

2 km single classic track.

SUPPLEMENTARY TRAILS

Diefenbaker Park

Access at Ruth Street & St. Henry Avenue

2.6 km single classic track.

Forest Park

Access at Lowe Road, Nelson Road

& Forest Drive

3.0 km single classic track. Connecting link to

Silverspring Park.



If you enjoy walking in areas where there are ski trails, please respect skiers and avoid groomed trails. Ski trails include the wider packed section for skate skiing alongside the parallel tracks. Footprints can damage the ski tracks and skating lanes, making skiing difficult and less enjoyable. Dogs are not permitted on ski trails.

Did you know?

Some Community Associations coordinate the placement and grooming of ski trails in neighbourhood parks across the city. Visit saskatoon.ca/ski for locations.



WintercityYXE is a joint project between the City and community groups to celebrate our winter season and strive to make Saskatoon's winter more inviting, vibrant and popular. For more information on Saskatoon's winter events, activities and facilities please visit saskatoon.ca/wintercityYXE.

SASKATOON FORESTRY FARM PARK & ZOO

SEASONAL FUN!



1903 Forestry Farm Park Drive • 306-975-3382 • saskatoon.ca/zoo

WINTER HOURS

ZOO 10:00 AM-04:00 PM

PARK 07:30 AM-04:30 PM

Closed December 25.

WINTER ADMISSIONS

Admission to the Zoo is by donation until March 31.

The fun doesn't stop just because the temperature drops! Admission to the Zoo is by donation from November 1 to March 31 each year. While the grizzly bears enjoy some restful sleep during the winter months, many of our other animals thrive in the cooler weather including our snow leopard.

Zoo

Rekindle a sense of childhood wonder with a trip to the Saskatoon Forestry Farm Park & Zoo. Meet an impossibly cute mob of meerkats, majestic snow leopard and many other species at Saskatchewan's only CAZA accredited zoo.

Forestry Farm Park

The Forestry Farm Park offers picnic sites, walking paths, restored heritage buildings, an accessible playground and more.

BHP Enchanted Forest Holiday Light Tour

November 18–January 8. Experience a spectacular drive-through holiday light display featuring over 75 custom displays throughout the Forestry Farm Park. Proceeds support the Saskatoon Zoo Foundation and Saskatoon City Hospital Foundation. For more information visit enchanted-forest.org.

Rental Facilities

The hall, Lions Pavilion, gazebo and wedding garden are available for private rental. Functional, quiet and secluded, these areas provide an enchanting backdrop for gatherings of all kinds. Call 306-975-3382 or visit saskatoon.ca/zoorentals for information.

EdZOOcational Opportunities

The Saskatoon Zoo Society offers a variety of programming for classrooms and families. Join us for award-winning, curriculum-based environmental education program, Summer Camp and PD Day Camps, Young Naturalists, Animal Antics and more. You can even celebrate your birthday party at the Zoo with animal ambassadors! For more information or to register, visit saskatoonzoosociety.ca or call 306-975-3395.



The Saskatoon Forestry Farm Park & Zoo is a City of Saskatoon facility working with the Friends of the Forestry Farm House, Saskatoon Zoo Foundation, Saskatchewan Perennial Society and Saskatoon Zoo Society.

DOG PARKS

SEASONAL FUN!



Enjoy time with your dog at one of the City of Saskatoon's dog parks. Dog parks are naturalized spaces where dogs are permitted to be off-leash while under the control of their owner. This allows both owner and dog to enjoy exercise together while socializing with others. Ensure your pet remains on a leash until in the Dog Park and don't forget to scoop the poop! Find a dog park in your neighbourhood on pages 4-5. A valid dog license is required to access any dog park. Pet licenses can be purchased online at saskatoon.ca/petsonline, at City Hall or local vendors throughout Saskatoon. Visit saskatoon.ca/dogparks for more information.



Find Your Space!

Bored with boardrooms? Parties aren't panning out?
Seeking an unconventional convention or event venue?
The City of Saskatoon offers a wide range of unique event options from portable stages, outdoor facilities, scenic River Landing venues, sports fields, Leisure Centres and rinks.

Learn more about rental options for any occasion at saskatoon.ca/facilityrentals.



Pick up a copy of the Recreation Facility Rental Options guide at any Leisure Centre or saskatoon.ca/facilityrentals.

INDOOR LEISURE CENTRES

Leisure Centres can accommodate groups for almost every kind of occasion. For bookings, contact Customer Service at the Leisure Centre of your choice:

Cosmo Civic Centre • 306-975-3344

Harry Bailey Aquatic Centre* • 306-975-3003

Lakewood Civic Centre • 306-975-2944

Lawson Civic Centre • 306-975-2951

Saskatoon Field House • 306-975-3354

Shaw Centre • 306-975-7772

* Harry Bailey Aquatic Centre closed for facility upgrades until 2024.

Rental space is available outside of scheduled programming.

AMENITIES & STAFF CHARGES

Bookings for meeting and multi-purpose rooms include standard meeting set-up of up to 25 chairs and four tables set up in theatre, boardroom or classroom style. Additional charges may apply for setup, clean-up and repair to any rented facility. These fees will be assessed by the Site Administrator in conjunction with the Building Operator and may be billed post event if necessary. Pool rentals will incur additional charges for Lifeguard staff. Additional charges may apply.

Hourly Rentals (*All rates effective September 1, 2022 to August 31, 2023; GST extra)

RENTAL SPACE	HOURLY FEE*	CCC	LWC	LCC	HBC	SFH	SCC
Small Meeting Room	\$21.50	●	●		●	●	●
Large Meeting Room	\$32.10	●					●
Multi-Purpose Room	\$32.10	●	●	●		●	●
Theatre	\$32.10	●					
Gymnasium	\$53.60	●	●				●
Competitive Pool	\$225.80 \$282.20				Diving Boards 8 Lanes		Diving Boards 50m, 10 Lanes
Leisure Pool	\$150.70		Waterslide 25m, 4 Lanes	Wave Pool 25m, 4 Lanes	25m, 6 Lanes		
Warm Up Pool	\$113.00						25m, 6 Lanes
Family Pool	\$113.00						Waterslide & Watertoys
Indoor Track	\$150.70 \$75.35					200m 6 Lanes	165m 3 Lanes
Sports Court	\$37.68					●	
Walleyball Court	\$20.00 ^A	●					
Track Warm-Up Area	\$43.00					●	

Additional charges are added to after hours rentals. Inquire for details. ^APrice includes applicable taxes.

CCC Cosmo Civic Centre • HBC Harry Bailey Aquatic Centre • SCC Shaw Centre
LCC Lawson Civic Centre • LWC Lakewood Civic Centre • SFH Saskatoon Field House

PARKS, SPORTS FIELDS & ATTRACTIONS

Rink & Sports Field Rentals

There are a number of outdoor sport fields and indoor rinks located throughout Saskatoon that offer various levels of hosting capabilities.

Unique Facility Rental & Booking Opportunities:

- Park & River Landing Event Space
- Vimy Memorial Band Shell
- Saskatoon Forestry Farm Park & Zoo
(call 306-975-3382 for information)
- Nutrien Playland at Kinsmen Park
(call 306-975-2951 for information)

For more information:

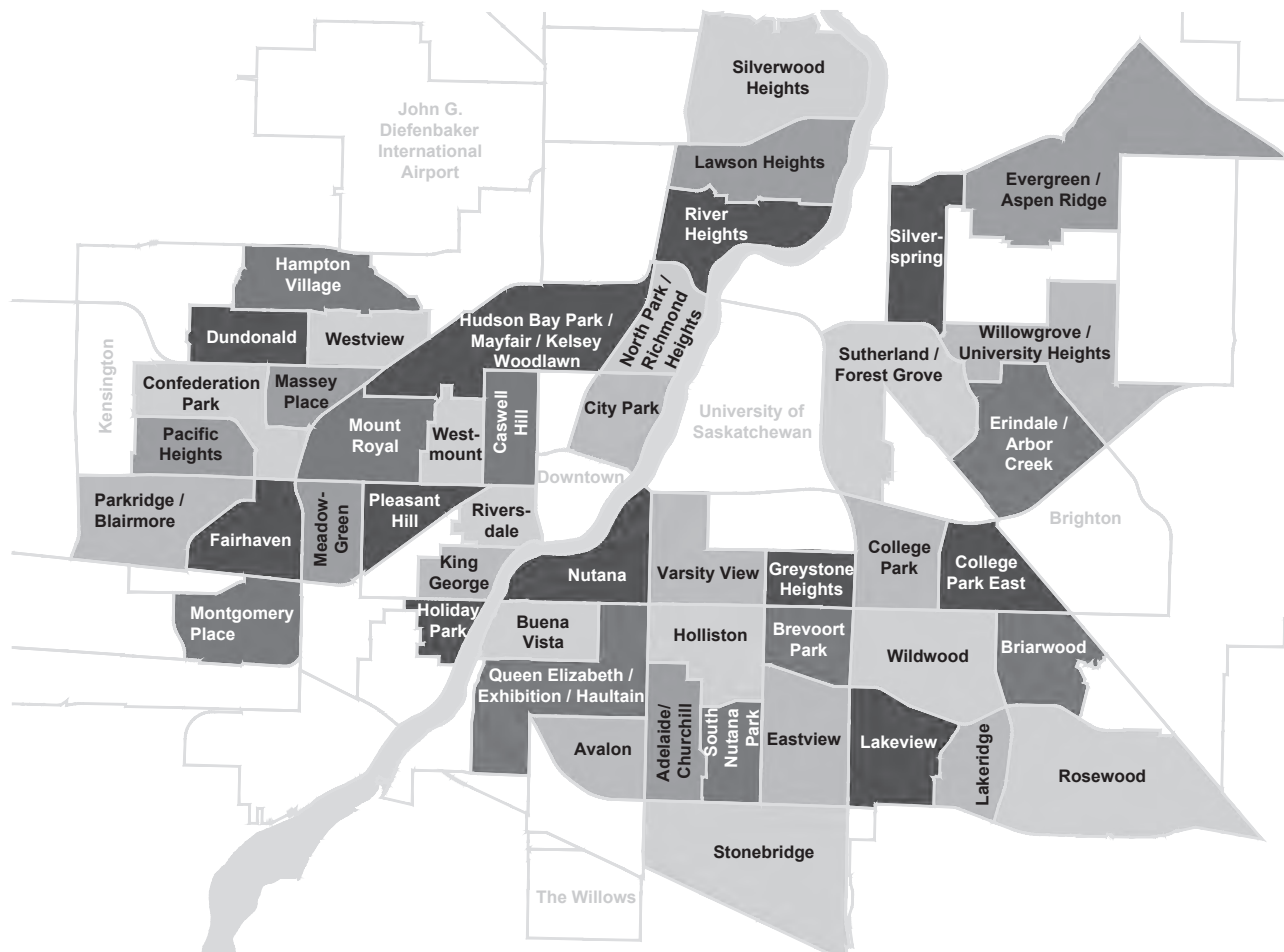
The Allocations Office can provide you with more information on rink, sports field and other unique facility rentals. Email allocations@saskatoon.ca or assistance in selecting a location that is right for your event.



Community Associations are volunteer-run groups that offer low-cost sport, culture and recreation programs throughout the year.

- **Affordable programs for all ages and abilities.** To find the perfect program for you or your family visit saskatoon.ca/communityassociations or refer to your Community Association's newsletter, website or Facebook page.
- **Outdoor rinks.** Enjoy free skating at 54 Community Association owned and operated outdoor rinks throughout Saskatoon. Visit saskatoon.ca/outdoorrinks for locations and times.
- **Community events.** Meet your neighbours at community coordinated events like neighbourhood clean-ups, movie nights in the park and more.
- **Volunteers make it happen.** There are many ways to volunteer with your neighbourhood Community Association. Learn more at saskatoon.ca/volunteer.

To discover more about Community Associations and their program offerings, visit saskatoon.ca/communityassociations or call 306-975-3378.



For complete, up-to-date program listings and registration information, please refer to your Community Association's newsletter, website or Facebook page.

To ensure everyone who wants to participate in a program can, cost-as-a-barrier and/or KidSport assistance may be available for those facing financial hardships. Please contact your Community Association directly for more information. All inquiries are kept confidential.

ADELAIDE PARK/CHURCHILL

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per household
Web: www.myapcca.ca
Email: info@adelaidedchurhill.ca
Facebook: www.facebook.com/adelaidedparkchurchillcommunityassociation
Outdoor Rink(s): Hugh Cairns VC School, 2621 Cairns Avenue
 Thur 7-9 PM / Fri 3:30-5 PM
 St. Philip School, 1901 Haultain Avenue
 Wed 3:30-5 PM / Sun 11:30 AM-4 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

AVALON

In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.avalonca.ca
Email: president@avalonca.ca
Facebook: www.facebook.com/avaloncommunity
Outdoor Rink(s): John Lake School, 2606 Broadway Avenue
 Mon & Wed 6-8 PM / Sun 1-3 PM

Programs include: ADULT: Boot Camp • Yoga • YOUTH: Home Alone • Babysitting Course • CHILDREN: Beginner Ballet PRESCHOOL: Tiny Tots Ballet

BREVOORT PARK

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.brevoortpark.ca
Email: indoorcoordinator@brevoortpark.ca
Facebook: www.facebook.com/brevoortpark
Outdoor Rink(s): Brevoort Park School, 2809 Early Drive
Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

BRIARWOOD

Online registration: See Website/Facebook for details
Annual membership: \$15 per household
Web: www.briarwoodca.com
Email: briarwoodipc@gmail.com
Facebook: Briarwood Community Association, Saskatoon
Outdoor Rink(s): Briarwood Park, 602 Briarwood Road
Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

BUENA VISTA

In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.bvcasaskatoon.ca
Email: BuenaVista1910@gmail.com
Facebook: www.facebook.com/YourBVCA
Outdoor Rink(s): Buena Vista School, 100 7th Street East & MacPherson Avenue
 Mon 6-8 PM / Fri 8-10 PM / Sat 1-3 PM

Programs include: ADULT: Yoga • Pilates • Zumba • Pickleball • Boot Camp • Social Dance • Book Club • Volleyball • CHILDREN: Drop-in Soccer* • Soccer • PRESCHOOL: Kinder Soccer

CASWELL HILL

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.caswellhill.ca
Email: caswellprograms@gmail.com
Facebook: www.facebook.com/CaswellCA
Outdoor Rink(s): Caswell School, 204 30th Street West
 Tue & Thu 7-9 PM / Sun 2-4 PM
Programs include: ADULT: Caswell Fit • Ball Hockey • Karate • Bird Watching • YOUTH: Karate

CITY PARK

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.cityparksask.com
Email: cityparkprograms@gmail.com
Facebook: www.facebook.com/CityParkSask
Outdoor Rink(s): Affinity Credit Union Rink, 710 Duke Street
 Tue & Thu 6-8 PM / Sun 12-2 PM
Programs include: ADULT: All Level Yoga • Intermediate Yoga • Men's Basketball • Write Your Life Stories • PARENT & CHILD: Gym Time*

COLLEGE PARK

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per household
Web: www.collegeparksaskatoon.com
Email: outdoor@collegeparksaskatoon.com
Facebook: @CPRAYXE
Twitter: @CPRAYXE
Outdoor Rink(s): Dr. Gerhard Hertzberg Park, 131 Campion Crescent
Programs include: ADULT: Yoga • Floor Hockey • YOUTH: Learn to Skate • CHILDREN: Kids' Free Play*

CONFEDERATION PARK

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.confedparksask.ca
Email: info@confedparksask.ca
Facebook: www.facebook.com/confedparksask
Outdoor Rink(s): Bishop Roborecki School, 24 Pearson Place
 Thu 6-8 PM / Sat & Sun 1-3 PM
Programs include: ADULT: International Cooking • Zumba • Gentle Fitness • Basketball • Pickleball • Learn to Pickleball* • Badminton • YOUTH: Youth Drop-in & Basketball • PARENT & CHILD: Open Gym

Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's new search tool at saskatoon.ca/communityassociations to find the best neighbourhood programs for your interests, age and location.

DUNDONALD

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.dundonald.ca
Email: indoorprograms@dundonald.ca
Facebook: www.facebook.com/dundonaldcommunityassociation/
Outdoor Rink(s): Dundonald School, 162 Wedge Road
Wed & Fri 7-9 PM / Sun 2-4 PM

Programs include: YOUTH: Babysitter Course • Stay at Home Course • CHILDREN: Kids' Art Class • Gymnastics Tumbling & Balancing • PRESCHOOL: Kindersport

EAST COLLEGE PARK

Online registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.ecpark.ca
Email: indoor@ecpark.ca
Facebook: www.facebook.com/eastcollegepark
Outdoor Rink(s): St. Augustine School, 602 Boychuk Drive
Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

EASTVIEW

Online registration: See Website/Facebook for details
In-person registration: In person by request
Annual membership: \$10 per individual/family
Web: www.myeastview.ca
Email: info@myeastview.ca
Facebook: www.facebook.com/eastviewcommunity
Outdoor Rink(s): Alvin Buckwold School, 715 East Drive
Pope John Paul II School, 3035 Arlington Avenue
Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

ERINDALE/ARBOR CREEK**

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.erindalearborcreek.org
Email: eaccaindoorprograms@outlook.com
Facebook: www.facebook.com/EACCA-Saskatoon
Twitter: @EACCASaskatoon
Instagram: @eaccask
Outdoor Rink(s): Quinn Stevenson Memorial Rink, 225 Kenderdine Road
Mon & Wed 4-6 PM / Sat 10 AM-12 PM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

EVERGREEN/ASPEN RIDGE**

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: <https://earca.ca>
Email: indoor.coordinator@earca.ca
Facebook: www.facebook.com/saskatoonevergreen
Outdoor Rink(s): Funk Park, 628 Manek Road
Thu 6-8 PM / Sat & Sun 2-4 PM

Programs include: ADULT: Yoga • YOUTH: Basketball • Soccer

FAIRHAVEN

In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.fairhavencommunity.ca/wordpress
Email: indoor@fairhavencommunity.ca
Facebook: www.facebook.com/Fairhavencommunityassociation
Outdoor Rink(s): Fairhaven School, 495 Forrester Road
Thu 6-8 PM / Sat 1-3 PM / Sun 3-5 PM

Programs include: ADULT: Co-ed Volleyball • Seniors Pickleball • YOUTH: Co-ed Drop-in Sports Night* • CHILDREN: Dance • Soccer • PRESCHOOL: Ballet

GREYSTONE HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.thegreystone.ca
Email: jtrifel@shaw.ca
Facebook: www.facebook.com/greystoneheights
Outdoor Rink(s): Greystone School, 2721 Main Street
Fri 6-8 PM / Sat & Sun 12-2 PM & 7-9 PM / Sun 2-4 PM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

HAMPTON VILLAGE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.saskhvca.com
Email: allocations@saskhvca.com
Facebook: www.facebook.com/hamptonvillage
Outdoor Rink(s): St. Lorenzo Ruiz School, 1023 Hampton Circle
Thu 6-8 PM / Sat & Sun 2-4 PM

Programs include: ADULT: Yoga • Bootcamp • Floor Hockey • Co-ed Volleyball • Spanish • Daytime Cards, Games & Coffee* • YOUTH: Co-ed Basketball* • CHILDREN: Cheer • Hip Hop • Dance • Floor Hockey • PRESCHOOL: Dance • Kindersoccer • PARENT & CHILD: Storytime*

HOLIDAY PARK

In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.holidayparksaskatoon.ca
Email: indoorcoordinator.holidaypark@gmail.com
Facebook: <https://www.facebook.com/hpca306>
Outdoor Rink(s): Holiday Park Community Rink
St. John School, 1205 Avenue N South

Programs include: ADULT: Pickleball • Yoga • Touch Rugby • YOUTH: Basketball • Touch Rugby • Dodgeball • CHILDREN: Kids Sports • Open Gym • Basketball

HOLLISTON

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.hollistoncommunityassociation.com
Email: hollistonca@hotmail.com
Facebook: www.facebook.com/HollistonCA
Outdoor Rink(s): Holliston School, 1511 Louise Avenue
Tue & Thu 7-9 PM / Sat 10 AM-12 PM / Sun 3-5 PM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

For complete, up-to-date program listings and registration information, please refer to your Community Association's newsletter, website or Facebook page.



HUDSON BAY PARK/MAYFAIR/KELSEY WOODLAWN

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: <https://hudsonmayfairkelsey.wordpress.com/>
Email: hbpkmwindoor@gmail.com
Facebook: www.facebook.com/hbpkmw
Outdoor Rink(s): Henry Kelsey School, 16 Valens Drive
Wed 7-9 PM / Sat & Sun 1-3 PM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

KING GEORGE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.kgcommunity.org
Email: kgca.indoorprograms@yahoo.com
Facebook: www.facebook.com/kgcask
Outdoor Rink(s): King George School, 721 Avenue K South
Mon & Wed 6-8 PM / Sun 2-4 PM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

LAKERIDGE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.lakeridgecommunity.ca
Email: youthprograms@lakeridgecommunity.ca
Facebook: www.facebook.com/lakeridgecommunityassociation
Outdoor Rink(s): St. Luke School, 275 Emmeline Road

Programs include: ADULT: Adult Mixed Rec Basketball • Yoga • YOUTH: Basketball • Soccer • CHILDREN: Ballet • Family Play Night/Open Gym

LAKEVIEW

Online registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.lakeviewca.com
Email: info@lakeviewca.com
Facebook: www.facebook.com/LCASaskatoon
Outdoor Rink(s): Lakeview Park, 203 Whiteshore Crescent

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

LAWSON HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: Email programs@lawsonheights.ca if unable to register online
Annual membership: \$10 per individual/family
Web: www.lawsonheights.ca
Email: programs@lawsonheights.ca
Facebook: www.facebook.com/lawsonheights
Outdoor Rink(s): St. George School, 748 Redberry Road
Wed 4-6 PM / Sat 2-4 PM / Sun 4-6 PM

Programs include: ADULT: Badminton • Pickleball

MASSEY PLACE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.masseyplace.org
Email: organizer@masseyplace.org
Facebook: www.facebook.com/MasseyPlaceCommunity.Saskatoon.SK/
Outdoor Rink(s): Vincent Massey School, 1001 Northumberland Avenue
Thu 6-8 PM / Sat & Sun 1-3 PM

Programs include: ADULT: Zumba • Yoga • Volleyball • Floor Hockey • YOUTH: Karate • First Nations Drumming • CHILDREN: Karate

COMMUNITY RECREATION GROUP OF MEADOWGREEN

In-person registration: See Website for details
Annual membership: No membership fee is required
Web: www.crgmeadowgreen.com
Email: crgmca@saskatoon.ca
Outdoor Rink(s): WP Bate School, 2515 18th Street West
Tue & Thu 4-6 PM / Sun 1-3 PM

Programs include: ADULT: Drop-in Soccer* • Sepak Takraw/Volleyball* • YOUTH: Floor Hockey League* • CHILDREN: Soccer Skills & Games*

MONTGOMERY PLACE

In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.montgomeryplace.ca
Email: programs@montgomeryplace.ca
Facebook: www.facebook.com/MPCASK
Outdoor Rink(s): Montgomery School, 3220 Ortona Street
Fri 6:30-8:30 PM / Sat & Sun 1-4 PM

Programs include: ADULT: Cardio Mix • Water Colour Club • Muscle Sculpt • Yoga (Various Levels) • Pickleball • YOUTH: Basketball • Red Cross Stay Safe • Red Cross Babysitters Course • CHILDREN: Art • Basketball • PRESCHOOL: Open Gym

MOUNT ROYAL

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.MountRoyal.INFO
Email: MountRoyalPrograms@gmail.com
Facebook: www.facebook.com/MRCAYXE/
Outdoor Rink(s): Howard Coad School, 431 Avenue T North
Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

NORTH PARK/RICHMOND HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.nprh.ca
Email: nprh.programs@gmail.com
Facebook: www.facebook.com/nprhca
Outdoor Rink(s): North Park Wilson School, 1505 9th Avenue North
Tue & Thu 6-8 PM / Sat 1-3 PM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

Outdoor Community Rinks

Community Associations own and operate over 50 community rinks for the public to enjoy. These rinks also offer specific times when supervised skating can occur without sticks or pucks. Check out your Community Association's website or Facebook page for details on supervised skate times, or visit saskatoon.ca/outdoorrinks for more information. **HAVE FUN!**

Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's new search tool at saskatoon.ca/communityassociations to find the best neighbourhood programs for your interests, age and location.

NUTANA

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.nutana.ca
Email: programming@nutana.ca
Facebook: www.facebook.com/nutanacommunityassociation
Outdoor Rink(s): Ecole Victoria School, 639 Broadway Avenue
Idlylwyd Park, 225 Poplar Crescent

Programs include: ADULT: All levels Yoga • Volleyball • Badminton • Tai Chi •
PRESCHOOL: Soccer • FAMILY: Yoga Dance

PACIFIC HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.pacificheights.ca
Email: info@pacificheights.ca
Facebook: www.facebook.com/pacificheightsca
Outdoor Rink(s): Lester B. Pearson School, 3732 Centennial Drive
Mon & Wed 7-9 PM / Sat 2-4 PM

Programs include: ADULT: Zumba • Boot Camp • Yoga • Floor Hockey • Learn to Knit /
Crochet • YOUTH: Basketball • PARENT & CHILD: Kindersoccer • Family Open Gym

PARKRIDGE

In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.parkridgecommunity.ca/
Email: treasurer.pca.sk@gmail.com
Facebook: www.facebook.com/parkridge.saskatoon
Outdoor Rink(s): St. Marguerite School, 1235 McCormack Road
Mon & Wed 7-9 PM / Sun 2-4 PM

Programs include: ADULT: Yoga

PLEASANT HILL

In-person registration: Registration available at first program class
Annual membership: No membership fee is required
Email: phcaprograms@gmail.com
Facebook: www.facebook.com/pleasanthillcommunityassociation

Programs include: A variety of programs are being planned for all ages. Please refer to
our website for more information.

QUEEN ELIZABETH/HAULTAIN (WEST HALF)/ EXHIBITION

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.qexca.ca
Email: programs@qexca.ca
Facebook: www.facebook.com/qexca.saskatoon/
Outdoor Rink(s): Achs Park, 102 Elm Street
Sat & Sun 12-3 PM
Queen Elizabeth School, 1905 Eastlake Avenue

Programs include: ADULT: Beginner Yoga • Zumba • STRONG by Zumba • Aerobics •
Adele's Bolly Moves • PRESCHOOL: Tiny Tots Soccer

RIVERSDALE

In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.riversdalecommunityassociation.com
Email: riversdaleca@gmail.com
Facebook: www.facebook.com/riversdalecommunityassociation
Outdoor Rink(s): Princess Alexandra School, 210 Avenue H South
Tue & Thu 6-8 PM / Sun 1-3 PM

Programs include: A variety of programs are being planned for all ages. Please refer to
our website for more information.

RIVER HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee required
Web: www.riverheights.sk.ca
Email: rhcprogramming@gmail.com
Facebook: www.facebook.com/RiverHeightsCommunityAssociation
Outdoor Rink(s): Ecole River Heights School, 60 Ravine Drive
Tues & Thurs 6-8 PM / Sat 12-3 PM

Programs include: ADULT: Badminton • Yoga • Pickleball • YOUTH: Basketball •
Powerskating

ROSEWOOD

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.myrosewood.ca
Email: programs@myrosewood.ca
Facebook: www.facebook.com/myrosewoodca

Programs include: A variety of programs are being planned for all ages. Please refer to
our website for more information.

SILVERSPRING**

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: under construction - reopening soon!
Email: indoorcoordinator@silverspringcommunity.ca
Facebook: www.facebook.com/SilverspringCommunityAssociation
Outdoor Rink(s): Silverspring Park, 610 Konihowski Road
Wed 7-9 PM / Sat & Sun 2-4 PM

Programs include: A variety of programs are being planned for all ages. Please refer to
our website for more information.

SILVERWOOD HEIGHTS

Online registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.silverwoodcommunity.org
Email: programming@silverwoodcommunity.org
Facebook: www.facebook.com/SHCAshines
Outdoor Rink(s): Sister O'Brien School, 451 Silverwood Road
Silverwood Heights School, 403 Silverwood Road
St. Angela School, 302 Russell Road
Wed 5-7 PM / Sat & Sun 12-2 PM

Programs include: SENIOR: Forever in Motion • Seniors' Hub Club • ALL AGES: Family
Fitness • ADULT: Butts and Guts • Low Impact • Core with a Little More • Zumba • Volleyball •
Piloxing • Tabata Tone • Pickleball • Yoga • Women's Fitness • YOUTH: Basketball • Stay
Safe • Babysitting • Teen Fit • CHILDREN: Soccer • Basketball • Floor Hockey • Song &
Dance • Ballet/Jazz • PRESCHOOL: Soccer Fun • Creative Dance • Movement & Music •
PARENT & CHILD: Sports Fun

SOUTH NUTANA PARK

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per household
Web: www.snpc.ca
Email: snpc.programs@gmail.com
Facebook: www.facebook.com/snpc
Outdoor Rink(s): Ecole Canadienne Fracnaise, 2410 Wellington Avenue
Wed 4-6 PM / Sat & Sun 0 AM-12 PM

Programs include: A variety of programs are being planned for all ages. Please refer to
our website for more information.

STONEBRIDGE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.ourstonebridge.ca
Email: ourstonebridge.programs@gmail.com
Facebook: www.facebook.com/stonebridgeyxe
Programs include: ADULT: Shine Dance Fitness • Yoga • Pilates • Barre Fitness • YOUTH: Basketball • CHILDREN: Basketball • Soccer • Art • PRESCHOOL: Ballet • Hip Hop • Jazz • Kindersoccer • PARENT & CHILD: Gym Time

SUTHERLAND/FOREST GROVE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.sutherlandforestgrove.ca
Email: contact@sutherlandforestgrove.ca
Facebook: www.facebook.com/SFGCA
Outdoor Rink(s): Forest Grove School, 201 115th Street East
Sutherland School, 1008 Egbert Avenue
Bishop Filewich School, 125 105th Street West

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

VARSITY VIEW

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual or \$20 per family
Web: www.vvcasaskatoon.com
Email: bgiles@sasktel.net
Facebook: www.facebook.com/VarsityView
Outdoor Rink(s): Brunskill School, 101 Wiggins Avenue North
Tue & Thu 6-8 PM / Sat 12-2 PM
Programs include: ADULT: Yoga • Badminton • Dance • Conversational Spanish • YOUTH: Tae Kwon Do • CHILDREN: Tae Kwon Do • Art • PRESCHOOL: Tae Kwon Do • Soccer • Basketball

WESTMOUNT

In-person registration: See Facebook for details
Annual membership: No membership fee is required
Email: westmountcommunitiyassociation@gmail.com
Facebook: www.facebook.com/westmountcommunity
Outdoor Rink(s): Westmount Community School, 411 Avenue J North
Tue & Thu 6-9 PM / Sun 2-5 PM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

WESTVIEW HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.westviewhome.net
Email: westview.programs@gmail.com
Facebook: www.facebook.com/WestviewHome
Outdoor Rink(s): Caroline Robins School, 1410 Byers Crescent
Sat & Sun 1-3 PM / Thu 6-8 PM

Programs include: ADULT: Zumba • Yoga • Pickleball • Women's Woodworking • YOUTH: Cheer • Art • Basketball



For complete, up-to-date program listings and registration information, please refer to your Community Association's newsletter, website or Facebook page.

WILDWOOD

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.ourwildwood.ca
Email: programs@ourwildwood.ca
Facebook: www.facebook.com/WildwoodSaskatoon
Outdoor Rink(s): Bishop Pocock School, 227 Avondale Road
Tue & Thu 6-8 PM / Sun 2-4 PM

Programs include: ADULT: Yoga • High Fitness • Jive Dance • ALL AGES: Circus Arts

WILLOWGROVE/UNIVERSITY HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.WUHCA.ca
Email: contact@wuhca.ca
Facebook: www.facebook.com/WUHCA
Outdoor Rink(s): Wallace Park, 903 Stensrud Road
Thu 4-6 PM / Sat & Sun 9-11 AM

Programs include: A variety of programs are being planned for all ages. Please refer to our website for more information.

Connect • Be Active • Volunteer • Learn

COMMUNITY ASSOCIATIONS

Get involved in your neighbourhood



Learn more at
saskatoon.ca/communityassociations

Outdoor Community Rinks

Community Associations own and operate over 50 community rinks for the public to enjoy. These rinks also offer specific times when supervised skating can occur without sticks or pucks. Check out your Community Association's website or Facebook page for details on supervised skate times, or visit saskatoon.ca/outdoorrinks for more information. **HAVE FUN!**

ADVERTISERS INDEX

Promote your community-based sport, culture and recreation programs and classes with us! Thousands of copies of the City of Saskatoon Leisure Guide are distributed throughout the city as well as found online. To advertise in the next Leisure Guide, call The StarPhoenix at 306-657-6206.

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**speech
language
network**



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**Worried that your child isn't speaking enough?
Do you or your child struggle to put ideas into words?
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- Social-Language Training
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- Movement Express (ages 3-6)
- Adolescent/Teen Programs
- Adult Social Language Connection Programs (age 18+)
- Fluency/ Executive Functioning

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- We run a high performance training program and hold fun, competitive races.
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As a member of the Saskatoon Nordic Ski Club, you will:

- Get notifications of club events
- Support expertly groomed trails
- Access high level coaches
- Connect with other local cross-country skiers
- Support advocacy for our winter sport

For more information about our programs and membership:

www.SaskatoonNordicSki.ca
info@saskatoonnordicski.ca
saskatoonnordicski on facebook


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- Parenting Education SK
- Teen and Young Parent
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For more information, please contact
Head Coach Ivan Tam at
saskatoontrackclub@gmail.com

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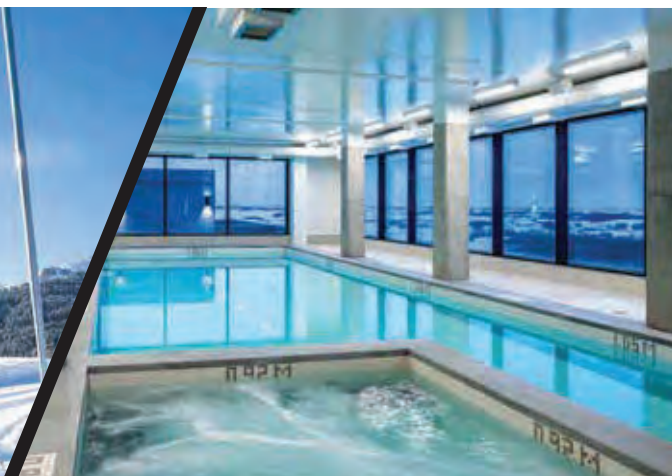
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Ages
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All skate types welcome
5:00 – 5:45 PM Lions Arena
January 3, 5, 10, 12, 17, 19, 24 & 26
Cost \$125
Skaters must be 4+ & able to stand unassisted
Registration opens **Sunday, November 20**

All ages and skill levels - we have a group for you!

Two days per week: Tuesday & Thursday
January 3 – March 16, 2023
Learn to Skate 5:50 – 6:30 PM Learn to Speed Skate 6:30 – 7:15 PM
Always accepting new skaters
Lions Arena

Want to watch long track races?

First meet **January 14-15, 2023**
Clarence Downey Oval, Saskatoon
Please check Facebook or our website for updates



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Please check our website under
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www.saskatoonsoccer.com



OUR GRASS ROOTS START

In the 1990s, the local soccer community had a dream to grow the sport through the operation of their own facilities. In 1993, Saskatoon Soccer Centre Inc. (SSCI) was registered as a non-profit corporation. Representatives of Saskatoon Adult Soccer Inc. (SASI) & Saskatoon Youth Soccer Inc. (SYSI) established a committee to raise funds to construct a building primarily for the sport of indoor soccer. In 2003, the soccer family did it again and a second facility was built.

Our top-tier facilities were
built BY soccer, FOR soccer and we are
proud of our grassroots beginning.

DID YOU KNOW

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BECAME A CATALYST FOR THE GROWTH OF
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SASKATOON YOUTH SOCCER INC.



Outdoor Season (Apr - Jun 2023):

Mini U5 – U9: Season runs start of May to end of June (8 games)

Youth U11 – U19: Season runs mid-April to end of June (8-10 games)

Registration (Feb - early Mar 2023):

Register with Community or Zone Association according to birth year.
Community coordinates registration, coaches, and equipment, and practices.
Zone coordinates registration, coaches, equipment, and player development.

Birth Years	Outdoor Season (Apr-Jun) Age Groups	Register (Feb-Mar) with:
2019 & 2020	Under-4 Parent-Tot Timbits Program	Saskatoon Youth Soccer Inc.
2018	Under-5 Timbits	Community Association
2016 & 2017	Under-7 Timbits or Zone Development	Community or Zone Association
2014 & 2015	Under-9 Community or Zone Development	Community or Zone Association
2012 & 2013	Under-11 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2010 & 2011	Under-13 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2008 & 2009	Under-15 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2006 & 2007	Under-17 Zone City or Alliance League	Zone Association of choice
2004 & 2005	Under-19 Zone City or Alliance League	Zone Association of choice
2004-2013	Saskatoon Alliance Academy (U11-U19)*	Saskatoon Youth Soccer Inc.
2006-2009	Saskatoon Alliance PSL League (U15-U17)**	Saskatoon Youth Soccer Inc.

* Contact SYSI for further details pertaining to Saskatoon Alliance Academy registration and details.

** Saskatoon Alliance Provincial Soccer League (PSL) tryouts held Feb 11-12, 2023 and league runs between April to July with games commencing mid-May. If team qualifies for Club Nationals; training and fundraising continues into August through October.

www.saskatoonyouthsoccer.ca

info@saskatoonyouthsoccer.ca or 306-975-3413

Tentative Game Days, Registration Dates, and Contact Information for Community and Zone Associations will be updated on our website as early as Feb 1st for Outdoor Season and June 1st for Indoor Season



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Half Season Program

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All skate types welcome
5:00 – 5:45 PM Lions Arena
January 3, 5, 10, 12, 17, 19, 24 & 26
Cost \$125
Skaters must be 4+ & able to stand unassisted
Registration opens **Sunday, November 20**

All ages and skill levels - we have a group for you!
Two days per week: Tuesday & Thursday
January 3 – March 16, 2023
Learn to Skate 5:50 – 6:30 PM Learn to Speed Skate 6:30 – 7:15 PM
Always accepting new skaters
Lions Arena

Want to watch long track races?
First meet **January 14-15, 2023**
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8:45 p.m.

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January 5 – February 9
@8:45pm

\$125 per session
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