

Fall 2026

FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+



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Tracey Scarlett, Aqua Fitness Instructor

Specialized Wellness Programs

Low-Impact, High Results: Aqua Fitness and Aqua Walking for Every Body

Water exercise is suitable for everyone, from athletes to those managing chronic health conditions. Moving through water provides natural resistance and effective aerobic activity, helping to strengthen core muscles and improve heart and lung capacity.

For individuals who find land-based exercise too jarring, Aqua Fitness and Aqua Walking are ideal options. Both activities carry a low risk of injury because buoyancy supports the body and movement through water is gentle and fluid. Swimming and water-based exercise can also benefit those with asthma, as the warm, moist environment may help ease breathing.

Aqua Fitness classes involve a variety of movements performed in an upright position. This encourages better posture, balance and coordination, while also supporting everyday functional movements. Classes are instructor-led, 45 minutes in length and offered at Lakewood, Lawson and Shaw Centre. Many take place in shallow water, making them accessible for non-swimmers.

The exercises and movements learned in an Aqua Fitness class naturally benefit Aqua Walking and offer a simple way to continue working independently.

Aqua Walk offers a low-impact, full-body workout comparable to Aqua Fitness, with the convenience of flexible, daily scheduling options. At Shaw Centre and Lakewood Civic Centre, participants can walk against the current in the rapids, increasing resistance and intensity. Compared to walking on land, Aqua Walking

offers greater strength building, increased calorie burn and improved cardiovascular health, while remaining easy on the joints.

At Lawson Civic Centre, Aqua Walk is available in both shallow and deep-water pool lanes. Deep-water walking offers additional benefits, including zero-impact movement, making it ideal for joint recovery and rehabilitation. It also challenges core stability and balance, as the body must remain upright without ground support. Participants wear a flotation belt to simulate a natural walking motion while improving endurance, coordination and muscle engagement throughout the entire body.

To complete your workout, consider a visit to the hot tub or sauna. Alternating heat and cold can help relax muscles, reduce stiffness and support circulation, leaving your body feeling refreshed.

Visit dropinschedule.saskatoon.ca for program times.

Find Your Fit Information Sessions

Whether you're a longtime visitor or brand new to the Leisure Centres, we invite you to a 90-minute session to learn more about our fitness programs and admission options. You'll also get a tour of the facility and see all the amenities available.

Saskatoon Field House

Tue, Oct 20: 10:00 AM-11:30 AM

Mon, Oct 26: 10:00 AM-11:30 AM

Lakewood Civic Centre

Wed, Oct 14: 9:00 AM-10:30 AM

Thu, Oct 22: 6:30 PM-8:00 PM

Shaw Centre

Mon, Nov 23: 10:00 AM-11:30 AM

Tue, Nov 24: 6:00 PM-7:30 PM

Lawson Civic Centre

Sun, Oct 25: 10:30 AM-12:00 PM

Thu, Nov 26: 7:00 PM-8:30 PM



LEISURE CENTRES

COSMO CIVIC CENTRE • HARRY BAILEY AQUATIC CENTRE* • LAKEWOOD CIVIC CENTRE
LAWSON CIVIC CENTRE • SASKATOON FIELD HOUSE • SHAW CENTRE

*Closed for facility upgrades

Drop-in Programs

Drop in for fun and fitness at the City of Saskatoon Leisure Centres! Access drop-in programs with a paid admission, City of Saskatoon LeisureCard or Bulk Tickets. Visit dropinschedule.saskatoon.ca to view program times.



INSTRUCTOR-LED PROGRAMS

- **Aqua Fitness/Gentle Aqua Fitness** Uses a variety of equipment and exercises in waist to chest deep water. No swimming ability is required. **LWC, LCC, SCC**
- **Chair Yoga** Incorporates strength and flexibility components with yoga-based movements using chair support. **LWC, LCC, SCC, SFH**
- **Deep Water Aqua Fitness** Minimizes joint stress using flotation belts to provide support while you work out in the deep end. **SCC***
**Tethers may be utilized during class at Shaw Centre.*
- **Fitness Yoga** Introduces fundamental strength conditioning and flexibility components with yoga-based movement. **CCC, LWC, LCC, SFH, SCC**
- **Functional Fitness** Builds strength, balance and mobility for everyday movement. **CCC, LCC, SCC**
- **Gentle Fitness Yoga** A slower paced class with emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility. **LCC, LWC, SCC**
- **Low Impact & Sculpt** Combines cardiovascular, light weight training and flexibility exercises. **LWC, LCC**

- **NEW! Mat Pilates** Build core strength, improve flexibility and restore balance to your body through Pilates. **LCC, LWC, SFH, SCC.**
- **Pickleball** Combines elements of tennis, badminton and ping pong. Racquets not provided. Must be booked in advance. **CCC, LWC, SFH**
- **Strollin' & Polin'** An instructor-led session incorporating pole walking, strength and stretch components. Poles are provided and are optional during this program. **SCC**
- **Walk & Sculpt** A brisk walk followed by a muscle strengthening routine. **CCC, LWC, SCC**

SELF-DIRECTED PROGRAMS

- **Aqua Walk** Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. **LWC, LCC*, SCC**
**Deep Water Aqua Walk also available.*
- **Walking Tracks** Set your pace at one of the City indoor tracks no matter the weather:
Shaw Centre: Three-lane, 165 m
Saskatoon Field House: Six-lane, 200 m
Terry Fox Track (Saskatoon Sports Centre): Two-lane, 365 m
- **Fitness & Weight Rooms** Available at every Leisure Centre. Equipment varies.
- **Lane Swim** 25 m and 50 m (only at Shaw) available for self-directed fitness. **LWC, LCC, SCC**
- **Public Swim** Open to everyone. **LWC, LCC, SCC**

CCC Cosmo Civic Centre • LWC Lakewood Civic Centre
LCC Lawson Civic Centre • SFH Saskatoon Field House
SCC Shaw Centre

Save with Bulk Tickets & LeisureCards!

BULK TICKETS Buy 10 for less than the price of 8! Bulk Tickets never expire, are transferable and make great gifts.

LEISURECARD Get unlimited access to all six Leisure Centres, outdoor pools, indoor rinks and Terry Fox Track. It's the best discount admission option for those who visit these facilities more than two times per week.

Learn more at saskatoon.ca/admissions.



Spotlight on Fitness

Tracy Scarlett, Aqua Fitness Instructor

For Tracy Scarlett, an aqua fitness instructor at the Leisure Centres, the pool offers more than a workout experience. It's a place where people of all abilities can move, strengthen and build confidence.

A typical class includes a warmup, cardio, strength work and stretching, with exercises designed to engage both the body and mind. Participants might combine movements like skier legs with jumping jack arms or pendulum steps with coordinated arm patterns, keeping both muscles and coordination active.

Scarlett recommends aqua fitness for anyone, especially those with limited mobility. "The buoyancy of the water makes movement accessible," she says, noting that even participants who use wheelchairs or walkers can enter the water comfortably with the support of a pool noodle. The water supports joints while still allowing for effective cardio. This is something many cannot achieve comfortably on land, particularly those with hip or knee concerns.



The biggest benefit of aqua fitness, she adds, is that the body is always working, even when it doesn't feel like it. The low-impact environment is gentle on joints, helping people return to activity sooner, sometimes just weeks after surgery, and can serve as a starting point for progressing to land-based classes.

Scarlett's inclusive approach encourages participants to work at their own pace, offering options to modify or intensify movements. "It's always their workout," she says.

Registered Programs

Register at least **one week** prior to start of class. Refer to the back of this brochure for information on how to register.

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.

- **NEW! Learn to Mat Pilates** Learn the fundamentals of mat-based Pilates with a focus on proper technique, core strength, posture, flexibility and controlled movement. Mats are provided.

Lakewood Civic Centre

Sep 5-19 Sa 01:30 PM-02:30 PM \$15.00 LW4666-01

- **NEW! 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

Sep 12-26 Sa 01:30 PM-02:30 PM \$15.00 FH4330-01

- **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

Sep 2-16 W 05:30 PM-06:30 PM \$15.00 LW4327-01

- **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

Sep 9-23	W	07:00 PM-08:00 PM	\$44.25	FH4320-03
Sep 9-23	W	08:00 PM-09:00 PM	\$44.25	FH4320-04
Sep 14-28	M	07:00 PM-08:00 PM	\$44.25	FH4320-01
Sep 14-28	M	08:00 PM-09:00 PM	\$44.25	FH4320-02
Oct 5-26	M	07:00 PM-08:00 PM	\$44.25	FH4320-05
Oct 5-26	M	08:00 PM-09:00 PM	\$44.25	FH4320-06
Oct 14-28	W	08:00 PM-09:00 PM	\$44.25	FH4320-08
Nov 7-21	Sa	02:00 PM-03:00 PM	\$44.25	FH4320-10
Dec 5-19	Sa	01:00 PM-02:00 PM	\$44.25	FH4320-11
Dec 5-19	Sa	02:00 PM-03:00 PM	\$44.25	FH4320-12

FIT OVER 50 PERSONAL & GROUP EXERCISE TRAINING

- **Fit Over 50 Personal Training** A Certified Personal Trainer will work with you to develop an exercise plan to achieve your health and wellness goals. One-hour sessions determined by you and your trainer.

3 Sessions \$179.75

Lakewood Civic Centre LW4657-01

Lawson Civic Centre LC4657-01

Saskatoon Field House FH4657-01

Shaw Centre SC4657-01

- **Fit Over 50 Introduction to Weight Room Training**

A Certified Personal Trainer will lead you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, basic movement patterns and proper technique to feel comfortable exercising independently.

Lakewood Civic Centre

Nov 7-21 Sa 10:30 AM-11:30 AM \$53.75 LW4656-01

Lawson Civic Centre

Oct 14-28 W 05:30 PM-06:30 PM \$53.75 LC4656-01

Shaw Centre

Oct 7-21 W 10:00 AM-11:00 AM \$53.75 SC4656-01

- **Fit Over 50 Small Group Training** A Certified Personal Trainer will lead you through a small group (up to six people) exercise program tailored to all fitness levels ensuring that each session is not only progressive but also supportive and enjoyable. You will feel a sense of achievement in the pursuit of your health and wellness goals.

Lakewood Civic Centre

Sep 14-Oct 5 M 01:00 PM-01:45 PM \$85.00 LW4520-01

Nov 2-23 M 01:00 PM-01:45 PM \$85.00 LW4520-02

Lawson Civic Centre

Oct 15-Nov 5 Th 05:45 PM-06:30 PM \$85.00 LC4520-01

Nov 12-Dec 3 Th 05:45 PM-06:30 PM \$85.00 LC4520-02

Saskatoon Field House

Oct 8-29 Th 10:30 AM-11:15 AM \$85.00 FH4520-01

GENERAL FITNESS

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

- **Strollin' & Polin'** Enjoy the many benefits of pole walking in this friendly, social program. Your instructor will lead you through a warm-up, walking, and strength and stretch components. Poles are optional and are provided.

Lakewood Civic Centre

Sep 1-Dec 1 Tu/Th 10:45 AM-11:45 AM \$55.25 LW4365-01

Saskatoon Field House

Sep 2-25 M/W/F 01:15 PM-02:15 PM \$55.25 FH4365-01

Oct 2-30 M/W/F 01:15 PM-02:15 PM \$55.25 FH4365-02

Nov 2-25 M/W/F 01:15 PM-02:15 PM \$55.25 FH4365-03



Specialized Wellness Programs

The First Step Program™

The First Step Program™ offers supervised exercise and education components for individuals looking to make exercise a regular part of their life. It is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, cancer, abnormal cholesterol and/or chronic kidney disease. You can begin at any time. For more information and to complete the application form online visit saskatoon.ca/firststep. If you have questions please call 306-975-3121.

This program is offered in partnership with the Saskatchewan Health Authority.

Saskatoon Field House

Tu & Th 8:00 AM-11:30 AM and/or 4:30 PM-07:30 PM

Your start and end time is up to you as long as you are done within the program time.

How to Register

Leisure Online at leisureonline.saskatoon.ca

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Signing up for your favourite City of Saskatoon programs is easier than ever.

Phone or visit the Leisure Centre of your choice:

Cosmo Civic Centre 3130 Laurier Drive 306-975-3344

Lakewood Civic Centre 1635 McQuercher Drive 306-975-2944

Lawson Civic Centre 225 Primrose Drive 306-975-7873

Saskatoon Field House 2020 College Drive 306-975-3354

Shaw Centre 122 Bowlf Crescent 306-975-7744

Stay Connected!

Subscribe to the Fit Over 50 eNewsletter to receive program updates delivered to your inbox.

Visit saskatoon.ca/fitover50 or scan the QR code to subscribe now.



For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Fall Leisure Guide, call 306-975-7808, or visit saskatoon.ca/leisureguide.