

LEISURE GUIDE

FREE!

Fall 2026

Ready, Set, Play!

Build skills, confidence
and smiles with the City
of Saskatoon's preschool
recreation programs. p 27-28



Find us online!

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:
dropinschedule.saskatoon.ca



Connect with your neighbourhood Community Association to see what they have to offer this season:
saskatoon.ca/communityassociations



Attention Advertisers!

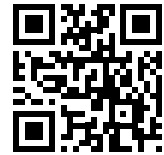
Get in the Guide!

The Leisure Guide is Saskatoon's go-to source for sport, culture and recreation information. Reach a wider audience by advertising your community programs in the City of Saskatoon Leisure Guide.



Book Today!

Contact the StarPhoenix at 705-627-1859 or visit **getintheguide.com**



Deadline:
Friday, October 9, 2026



saskatoon.ca/leisureguide



Respect is expected.

Our employees and customers both deserve to feel safe and respected while accessing our programs, services, and facilities, and while in our workplaces.

Let's all choose kindness in every interaction.

Service
SASKATOON



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.



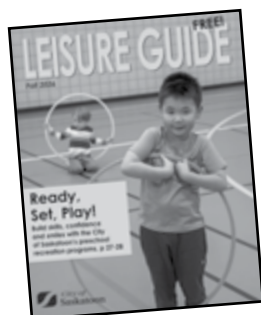
Mark your calendars!

- ✓ Registration for Fall programs begins Sunday, August 16, 2026.
- ✓ 2027 Winter Leisure Guide will be available Friday, November 20, 2026 and registration will begin Sunday, December 6, 2026 at 6:00 p.m.

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.



Fall Leisure Guide cover photo taken at Lakewood Civic Centre featuring Mini Movers Active Games. Visit saskatoon.ca/leisureonline or refer to pages 27 and 28 for more information about preschool programs available at the City of Saskatoon's indoor Leisure Centres.

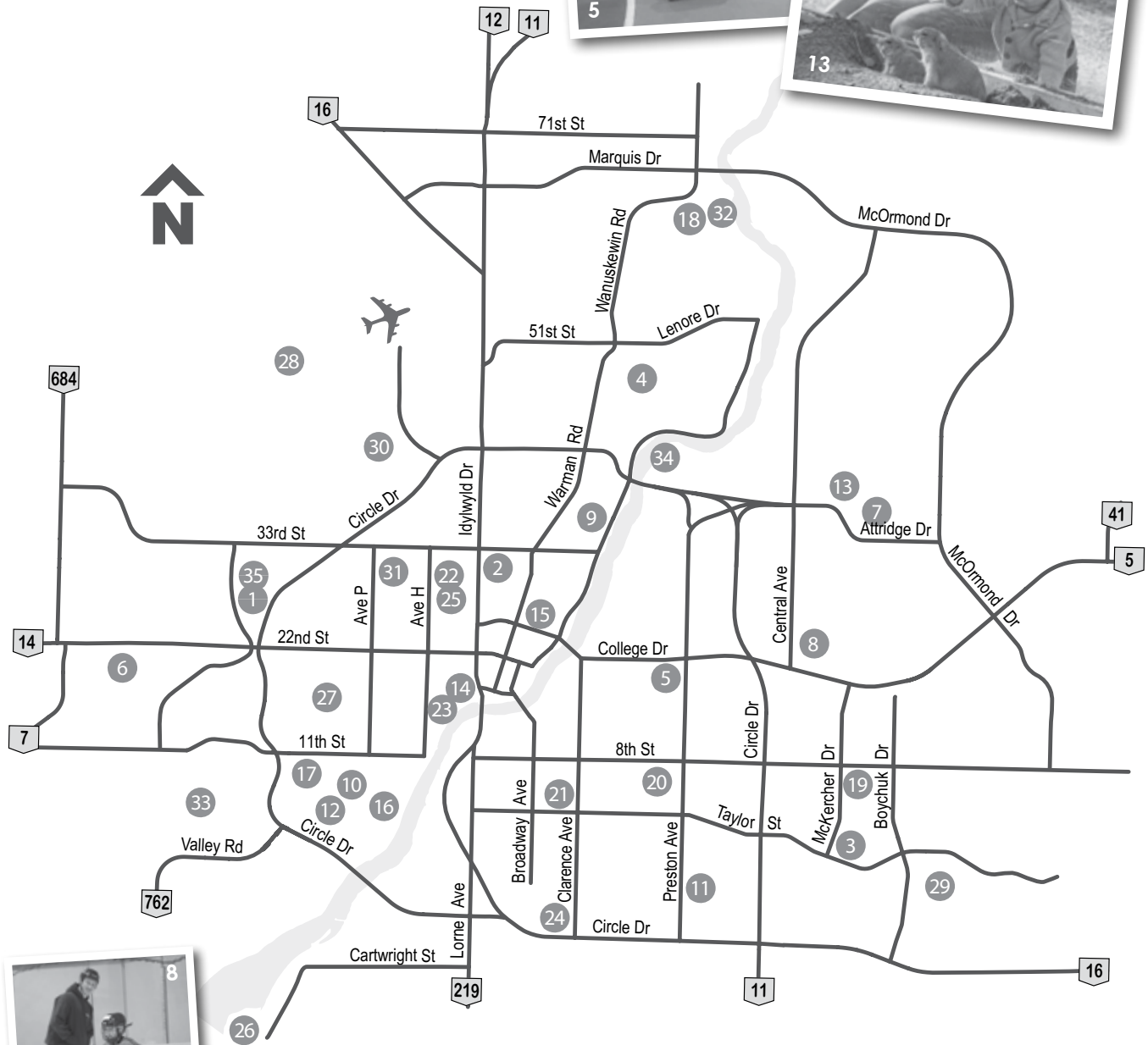
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RECREATION MAP

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/recreation for more information on these great amenities!

INDOOR LEISURE CENTRES

- 1 **COSMO CIVIC CENTRE**6
3130 Laurier Drive
- 2 **HARRY BAILEY AQUATIC CENTRE**7
1110 Idylwyld Drive North Closed for
facility upgrade
- 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 Bowlt Crescent
- 7 **TERRY FOX TRACK**9
150 Nelson Road

ICE SKATING

- 8 **ACT ARENA**36
107-105th Street East
- 9 **ARCHIBALD ARENA**36
1410 Windsor Street
- 1 **COSMO ARENA**36
3130 Laurier Drive
- 10 **GORDIE HOWE KINSMEN ARENA**36
1405 Avenue P South (*Rentals only*)
- 11 **LIONS ARENA**36
2205 McEown Avenue
- 12 **CLARENCE DOWNEY SPEED
SKATING OVAL**37
Dudley Street & Avenue R South

OTHER ATTRACTIONS

- 13 **SASKATOON FORESTRY FARM**38
PARK & ZOO, 1903 Forestry Farm Park Drive
- 14 **OUTDOOR FITNESS CIRCUIT
AT RIVER LANDING**
- 15 **NUTRIEN PLAYLAND AT KINSMEN PARK**
945 Spadina Crescent East
- 16 **GORDON HOWE CAMPGROUND**
1640 Avenue P South (off 11th Street)
.....

NEIGHBOURHOOD PARKS

Saskatoon has over 200 parks located throughout the city for residents and visitors to enjoy. For more information about recreation opportunities and amenities in neighbourhood parks, visit saskatoon.ca/parklocations.

GOLF COURSES

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

OUTDOOR POOLS

- 20 **GEORGE WARD POOL** 1915 5th Street East
- 21 **LATHEY POOL** 815 Taylor Street East
- 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 **HYDE (SMALL DOGS ONLY)**
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 **CHARLOTTETOWN (SMALL DOGS ONLY)**
Off Bennett 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 12-35 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 wallyball 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-9:30 PM

Saturday 9:30 AM-6:00 PM • Sunday 12:00 PM-5:30 PM

*Closed on statutory holidays. *Facility hours are subject to change.*

Check out Drop-in Program times at dropinschedule.saskatoon.ca.

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

FACILITY FEATURES

- Gymnasium • Fitness & Weight Room • Rink
- Racquetball & Wallyball Court • Lockers • Meeting Rooms
- Theatre • Library • Multi-Purpose Room • WiFi available
- Vending Machines • Fitness / Dance Studio
- Outdoor Skateboard Site



Did You Know? Saskatoon Transit fares and passes are now available for purchase at the Cosmo Civic Centre Customer Service Counter.

HARRY BAILEY AQUATIC CENTRE (HBC)



1110 Idylwyld Drive North • saskatoon.ca/harrybailey



Harry Bailey Aquatic Centre will reopen Fall 2026! Watch for opening details at saskatoon.ca/harrybailey.

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 6:15 AM-9:45 PM

Saturday 9:00 AM-8:00 PM • Sunday 10:00 AM-5:30 PM

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

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

FACILITY FEATURES

- Zero-depth Leisure Pool • Hot Tub • Sauna
- Gymnasium • Water Spray Features with 150 ft Waterslide
- Lockers • WiFi available • Multi-Purpose Room
- Child Minding Room • Library • Fitness & Weight Rooms
- Meeting Room • Poolside & Outdoor Decks
- Vending Machines • FREE Level 2 EV Charging Station
- Universal Change Room • Outdoor Skateboard Site



Take Your Business Outdoors

Bring your business to a downtown park for the spring/summer 2027 season.
Applications are open from Nov. 1, 2026, to Feb. 15, 2027.

saskatoon.ca/sce



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 6:15 AM-9:45 PM

Friday 6:15 AM-8:45 PM

Saturday 9:00 AM-05:30 PM

Sunday 10:00 AM-5:30 PM

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

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

FACILITY FEATURES

- Zero-depth Wave Pool • Water Spray Features
- Hot Tub • Multi-Purpose Room • Indoor Playground
- Fitness & Weight Room • Poolside & Outdoor Decks
- WiFi available • Lockers • Library • Vending Machines
- Sauna • Level 2 EV Charging Station
- Universal Change Room • Outdoor Skateboard Site



SASKATOON FIELD HOUSE (SFH)



2020 College Drive • 306-975-3354 • saskatoon.ca/fieldhouse

Focus on health and wellness with fitness equipment, a track, sport 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 7:00 AM-10:00 PM

Saturday & Sunday 9:00 AM-4:30 PM

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

FACILITY FEATURES

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



saskatoon.ca/facilityrentals

SHAW CENTRE (SCC)



122 Bowlt 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 6:30 AM-10:00 PM

Saturday 8:30 AM-8:30 PM

Sunday 9:00 AM-7:30 PM

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

FACILITY FEATURES

- 10-lane High Performance Competitive Pool
- Diving Boards & Platforms • 6-lane Warm-Up Pool
- Family Pool with Waterslide & Water Spray Features
- Portable Aquatic Lift • Family & Adult Hot Tubs
- Fitness Centre • Walking Track • Lockers
- Vending Machines • Community Gymnasiums
- Multi-Purpose Room • Child Minding Room
- Universal Change Room • WiFi Available • Meeting Rooms
- Outdoor Playground, Multi-Purpose Fields and Skateboard Site



TERRY FOX TRACK (TFT)



**150 Nelson Road (inside the Saskatoon Sports Centre)
306-975-3354 • saskatoon.ca/terryfoxtrack**

This synthetic sports track is designed for fitness. Circling the indoor soccer fields of the Saskatoon Sports Centre, the lanes measure more than 350 m and are available for rent.

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.

dropinschedule.saskatoon.ca

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 [†]	\$10.80	\$6.50	FREE	\$21.60
Bulk Tickets (10) [†]	\$92.00	\$55.00	FREE	\$183.50

Prices include applicable taxes.

What is a Bulk Ticket?

Buy 10 general admissions at a discounted price. 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 FREE with the purchase of a Family General Admission, Family Bulk Ticket or Family LeisureCard.

General Admission is non-refundable.

[†] Terry Fox Track: General Admission is \$4.60. Bulk Tickets are \$38.90. Prices include 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 dropinschedule.saskatoon.ca.

	First Child	Each Additional Child
General Admission	\$4.10/hr	\$2.45/hr
Bulk Ticket (10 hours)	\$34.50	\$20.50

Prices include applicable taxes.

Child Minding is 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.

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

Racquet and Court Sports Drop-in admission is charged for each hour booked.



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)	\$64.90	\$39.00	\$129.80
Summer Indoor LeisureCard	\$129.80	\$78.00	\$259.60
2-Week Trial Pass	\$32.45	\$19.50	\$64.90

Prices include applicable taxes.

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.

Corporate LeisureCard

The Corporate LeisureCard is available to businesses and organizations who have a minimum of 25 employees and have their offices physically located in Saskatoon. The Corporate LeisureCard offers the employees of eligible businesses a 20% discount on their LeisureCard purchases, including Family LeisureCards! There is no fee 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.

Child Minding

Child Minding is FREE with the purchase of a Family LeisureCard, Family Bulk Ticket or Family General Admission.

* 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 \$64.90 PerkCard. Give as a gift or keep for yourself. The promotional \$64.90 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 any indoor Leisure Centre, one registered recreation program per year, complimentary ride tickets for Nutrien Playland at Kinsmen Park and single-use family passes* to 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 306-975-3378 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)

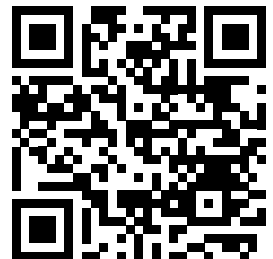
Fall Drop-in Programs run from September 1 to December 31. Check out Drop-in Program times and locations at **dropinschedule.saskatoon.ca**.

*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 **dropinschedule.saskatoon.ca**.

NOTE: Some drop-in programs have limited space/equipment and require a reservation, which can be made online or by calling the respective Leisure Centre. Reservations open at 7 a.m. daily and can be booked up to two days in advance. To cancel, log into your Leisure Online account and go to My Account/Cancel a Reserved Drop-in Program, or call any Leisure Centre during regular hours of operation (pages 6-9).





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**

Parented Splash Time* (formerly known as Parent & Tot Swim). For children under the age of six and a supervising adult(s). Children must be within arm's length of an adult at all times (maximum two children per adult). Access to pool space and water features varies at each pool. **LWC, LCC, SCC**

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

New! Sensory-Friendly Swims* Offers a calm and welcoming environment for individuals and families who prefer reduced noise and stimulation. Everyone is welcome to enjoy a relaxed and inclusive swim experience. **LCC**

* Refer to The Fine Print below for the Children Under 6 Years policy.

RECREATION & SPORT

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

Badminton Birdies and racquets not provided. Book a court up to two days in advance. **CCC, LWC, 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**

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. **LCC**

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

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

Racquetball Racquet sport played in a four-walled court. Book a court up to two days in advance. 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**

Wallyball A fast-paced game similar to volleyball played on a racquetball court. Players utilize the walls to bounce the ball across the net. Book a court up to two days in advance. **CCC**

Find Your Fit **FREE!**

Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this 90-minute come and go session to learn about the Drop-in and Registered fitness and aquatic programs, personal training and flexible admission options as well as tour the facility to see the unique amenities. 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 page 31 for more information.

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 Fitness by Video Instruction

Participants are led by video instruction and will receive a similar total body workout as a traditional aqua fitness class by following exercises projected on a large TV screen at the edge of the pool deck. This class is offered when an instructor is not available to instruct the class. **LWC, LCC, SCC**

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

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

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

THE FINE PRINT

Instructor-led Fitness Classes Must be 16 and older to participate in an instructor-led fitness program. A separate admission fee (General Admission, Bulk Ticket or LeisureCard) is required for each instructor-led fitness class.

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.

Racquet and Court Sports Badminton and pickleball bookings are one hour in duration.



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**

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

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. **SCC, SFH**

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

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. **SFH**

New! Mat Pilates Build core strength, improve flexibility and restore balance to your body through Pilates. This mat class offers personalized modifications and progressions, so you can challenge yourself at your own pace. **LWC, LCC, SCC, SFH**

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

Step Fast-paced cardio workout using a step platform to lead you through dynamic routines that boost rhythm, coordination and endurance **LWC**

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, SCC, SFH**

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, SFH**

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. **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**

New! Strollin' & Polin' An instructor will lead you through a 1-hour 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 using hand weights, tubing or other equipment. **CCC, LWC, SCC**

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

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 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 Fall programs begins **Sunday, August 16 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, August 16 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 Fall programs start on Sunday, August 16 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, August 16 – 6:00 PM to 9:00 PM*

Monday, August 17 – 8:00 AM to 1:00 PM

Tuesday, August 18 – 8:00 AM to 1:00 PM

To register by phone after August 18, contact any Leisure Centre (see pages 6-9).

* NOTE: This excludes Private and Semi-Private swim lessons (page 27), Multi-level Swim Lessons for Families (page 23) and Minds in Motion® (page 33) which will open on **Monday, August 17**.

VISIT A FACILITY

Walk-in registrations for Fall programs begin Monday, August 17 as follows:

Cosmo Civic Centre, 3130 Laurier Dr. (beginning 10:00 a.m.)

Lakewood Civic Centre, 1635 McKercher Dr. (beginning 6:45 a.m.)

Lawson Civic Centre, 225 Primrose Dr. (beginning 6:45 a.m.)

Saskatoon Field House, 2020 College Dr. (beginning 7:30 a.m.)

Shaw Centre, 122 Bowlt Cres. (beginning 7:00 a.m.)

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. Families with an annual household income of up to \$60,000 and 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).

Prices All registered program prices include applicable taxes.

Leisure Online Convenience Fee Leisure program registrations processed through Leisure Online will be charged an additional \$1.00 (plus GST) convenience fee on each program registration.

PROGRAMS & ACTIVITIES

LIFESAVING SOCIETY SWIM LESSONS



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 2/3	12-36 months	Designed for the 12 to 36-month old and their caregiver. Parent & Tot 2/3 is a combined level program that will focus on floating, kicking, independent entries, assisted floats and glides.
P&T 3	24-36 months	Designed for the 2-3 year old. Focus on independent entries, assisted floats and glides.

Swim Lesson Schedule Options

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

Five day swim lesson sets • Once per week for 8-10 weeks
 Youth Swim Lessons • Monday-Thursday for 2 weeks Twice per week for 4 weeks • Private swim lessons
 Semi-private swim lessons • Adult swim lessons
 Multi-Level Swim Lessons for Families

LESSON LEVEL DESCRIPTIONS

PRESCHOOL (UNPARENTED)

An instructor leads the lesson in water (no caregiver). Preschool levels cover basic swimming skills and orientation such as getting face wet, front and back floats, glides, use of a personal floatation device (PFD), basic front and back swims, and entries and exits. Water Smart education is also incorporated into levels.

Preschool 1	3-5 yrs. These preschoolers learn to safely get in and out of the water and move around in shallow water. They will use a PFD to become comfortable with floating and gliding. The caregiver may participate with their child until they can participate on their own.
Preschool 1/2	3-5 yrs. Preschool 1/2 is a combined level program that will have preschoolers learning to get in and out of the water. We'll help them jump into chest deep water. They will learn to float and glide on their front and back with and without a PFD. They will submerge and exhale under water.
Preschool 2	3-5 yrs. These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a PFD. They'll submerge and exhale underwater. Using a buoyant aid, they'll glide on their front and back.
Preschool 3	3-5 yrs. These preschoolers will master their floats, glides and short swims on their front and back (3 m). They'll be able to pick up objects from waist deep water and use their PFD to jump and roll into the deep end.
Preschool 4	3-5 yrs. Advanced preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and in the end they'll do solo jumps and side rolls into deep water. Their PFD will support them while they learn to tread water and swim to safety (7 m) in the deep end.
Preschool 4/5	3-5 yrs. Preschool 4/5 is a combined level program that will have these advanced preschoolers strengthening their flutter kicks, working on front crawl, back crawl and treading water for 10 seconds. Their PFD will also support them while they learn to tread water and swim to safety (7 m) in the deep end.
Preschool 5	3-5 yrs. These youngsters get more adventuresome with a forward roll entry wearing a PFD and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and try 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 who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water smart education is part of every level.

Swimmer 1	6+ yrs. These beginners will become comfortable jumping into water with and without a PFD. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on treading water, 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 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. It will also include treading water for 1 minute, front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
Swimmer 4/5	6+ yrs. Swimmer 4/5 program is a combined level program that will have these intermediate swimmers mastering water entries, swimming lengths of front, back crawl, whip kick and breaststroke. They will swim sprints and perform 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 5/6	6+ yrs. Swimmer 5/6 program is a combined level program that will have swimmers master water entries and refine their front and back crawl, and breaststroke working towards a 300 m workout.
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 will continue to swim lengths of front crawl, back crawl, and breaststroke, and a 300 m workout.



LESSON LEVEL DESCRIPTIONS

**SWIM PATROL (UNPARENTED)**

The Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels - Rookie, Ranger and Star - continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Lifesaving Society's Bronze medal awards.

Rookie Patrol	8+ 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.
Rookie/ Ranger Patrol	8+ yrs. Rookie/Ranger Patrol is a combined level program that will have swimmers develop better strokes and Lifesaving Sport skills. First aid focused on assessment of conscious and unconscious victims, contacting EMS and treatment of shock and obstructed airway procedures will be covered.
Ranger Patrol	8+ yrs. Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving swim, (200 m) 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.
Star Patrol	8+ 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 defense methods, victim removals and rolling over and supporting a victim face up in shallow water.

YOUTH SWIMMER (UNPARENTED)

Designed for beginner swimmers aged 9 to 15 with little to no swimming experience. This program teaches basic swimming skills, develops various strokes, and promotes water smart education. Build confidence and become a proficient swimmer!

Youth Swimmer 1	9-15 yrs. These beginners will become comfortable jumping into water with and without a PFD. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on treading water, floats, glides, and kicking through the water on their front and back.
Youth Swimmer 1/2	9-15 yrs. Swimmer 1/2 is a combined program focused on building foundational swimming skills. Participants will practise techniques such as entering and exiting the water, floating, gliding, and basic water safety. As they progress, swimmers will gain confidence in deeper water, learn sideways entries, and develop basic swimming strokes.
Youth Swimmer 2	9-15 yrs. These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a 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)
Youth Swimmer 3	9-15 yrs. These junior swimmers will dive and do in-waterfront 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.

ADULT SWIMMER

The Adult Swimmer Program is for beginners who may be starting out or swimmers who 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 every level.

Adult Swimmer 1	16+ yrs. Designed for beginner swimmers with little to no experience. Participants will become comfortable in and around water by learning foundational skills including opening their eyes, exhaling and holding their breath underwater, treading water, floats and kicking through water on their front and back.
Adult Swimmer 2	16+ yrs. Participants will build on their foundational skills and increase their confidence by exploring underwater and deeper water skills. They'll improve their front and back crawl, learn additional strokes and lifesaving kicks.



Love to swim?

*With the purchase of a LeisureCard you can
enjoy unlimited access to public swim times.*

SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL, SWIMMER & SWIM PATROL)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
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There is still time to register in end-of-summer swim lessons!

Visit leisureonline.saskatoon.ca for more information or to register.

LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Preschool 1 (Ages 3-5 yrs)

Aug 17-21	M-F	11:25 AM-11:55 AM 06:25 PM-06:55 PM	10	\$95.25	LW3717-12
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Preschool 2 (Ages 3-5 yrs)

Aug 17-21	M-F	10:50 AM-11:20 AM 05:50 PM-06:20 PM	10	\$95.25	LW3722-11
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Preschool 3 (Ages 3-5 yrs)

Aug 17-21	M-F	10:50 AM-11:20 AM 05:50 PM-06:20 PM	10	\$95.25	LW3727-07
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Swimmer 1 (Ages 6+)

Aug 17-21	M-F	10:00 AM-10:30 AM 05:00 PM-05:30 PM	10	\$95.25	LW3742-10
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Aug 17-21	M-F	10:35 AM-11:05 AM 05:35 PM-06:05 PM	10	\$95.25	LW3742-11
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Swimmer 2 (Ages 6+)

Aug 17-21	M-F	10:00 AM-10:30 AM 05:00 PM-05:30 PM	10	\$95.25	LW3747-07
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Aug 17-21	M-F	11:40 AM-12:10 PM 06:40 PM-07:10 PM	10	\$95.25	LW3747-08
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Swimmer 5 (Ages 6+)

Aug 17-21	M-F	10:00 AM-10:45 AM 05:00 PM-05:45 PM	10	\$125.00	LW3762-03
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Swimmer 6 (Ages 6+)

Aug 17-21	M-F	11:10 AM-11:55 AM 06:10 PM-06:55 PM	10	\$125.00	LW3767-03
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Ranger Patrol (Ages 8+)

Aug 17-21	M-F	10:35 AM-11:35 AM 05:35 PM-06:35 PM	10	\$143.00	LW3777-03
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End-of summer 5-day lesson sets are still available! Visit page 27 to learn more about these condensed lessons.

RIVERSDALE POOL 822 Avenue H South

Swimmer 1 (Ages 6+)

Aug 24-28	M-F	09:55 AM-10:25 AM	5	\$40.50	RD3981-01
Aug 24-28	M-F	10:50 AM-11:20 AM	5	\$40.50	RD3981-02

Swimmer 2 (Ages 6+)

Aug 24-28	M-F	09:25 AM-09:55 AM	5	\$40.50	RD3982-01
Aug 24-28	M-F	10:10 AM-10:40 AM	5	\$40.50	RD3982-02
Aug 24-28	M-F	10:35 AM-11:05 AM	5	\$40.50	RD3982-03

Swimmer 3 (Ages 6+)

Aug 24-28	M-F	09:20 AM-09:50 AM	5	\$40.50	RD3983-01
Aug 24-28	M-F	10:10 AM-10:40 AM	5	\$40.50	RD3983-02

Swimmer 5 (Ages 6+)

Aug 24-28	M-F	09:20 AM-10:05 AM	5	\$53.25	RD3985-01
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Swimmer 6 (Ages 6+)

Aug 24-28	M-F	11:10 AM-11:55 AM	5	\$53.25	RD3986-01
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LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Preschool 1 (Ages 3-5 yrs)

Aug 24-28	M-F	09:10 AM-09:40 AM	5	\$53.50	LW3916-01
Aug 24-28	M-F	11:15 AM-11:45 AM	5	\$53.50	LW3916-02

Preschool 2 (Ages 3-5 yrs)

Aug 24-28	M-F	09:10 AM-09:40 AM	5	\$53.50	LW3917-01
Aug 24-28	M-F	11:35 AM-12:05 PM	5	\$53.50	LW3917-02

Swimmer 1 (Ages 6+)

Aug 24-28	M-F	09:25 AM-09:55 AM	5	\$53.50	LW3921-01
Aug 24-28	M-F	10:25 AM-10:55 AM	5	\$53.50	LW3921-02
Aug 24-28	M-F	11:00 AM-11:30 AM	5	\$53.50	LW3921-03

Swimmer 2 (Ages 6+)

Aug 24-28	M-F	09:45 AM-10:15 AM	5	\$53.50	LW3922-01
Aug 24-28	M-F	10:40 AM-11:10 AM	5	\$53.50	LW3922-02
Aug 24-28	M-F	11:35 AM-12:05 PM	5	\$53.50	LW3922-03

Swimmer 3 (Ages 6+)

Aug 24-28	M-F	10:00 AM-10:30 AM	5	\$53.50	LW3923-01
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SHAW CENTRE 122 Bowlt Crescent

Parent & Tot 1 (Ages 4-12 mos)

Aug 24-28	M-F	11:00 AM-11:30 AM	5	\$53.50	SC3913-02
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Preschool 1 (Ages 3-5 yrs)

Aug 24-28	M-F	09:00 AM-09:30 AM	5	\$53.50	SC3916-04
Aug 24-28	M-F	10:10 AM-10:40 AM	5	\$53.50	SC3916-05
Aug 24-28	M-F	11:35 AM-12:05 PM	5	\$53.50	SC3916-06

Preschool 2 (Ages 3-5 yrs)

Aug 24-28	M-F	09:35 AM-10:05 AM	5	\$53.50	SC3917-03
Aug 24-28	M-F	10:25 AM-10:55 AM	5	\$53.50	SC3917-04

Preschool 3 (Ages 3-5 yrs)

Aug 24-28	M-F	09:00 AM-09:30 AM	5	\$53.50	SC3918-01
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Preschool 4 (Ages 3-5 yrs)

Aug 24-28	M-F	11:35 AM-12:05 PM	5	\$53.50	SC3919-02
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Swimmer 1 (Ages 6+)

Aug 24-28	M-F	09:50 AM-10:20 AM	5	\$53.50	SC3921-04
Aug 24-28	M-F	11:00 AM-11:30 AM	5	\$53.50	SC3921-05
Aug 24-28	M-F	11:20 AM-11:50 AM	5	\$53.50	SC3921-06

Swimmer 2 (Ages 6+)

Aug 24-28	M-F	09:50 AM-10:20 AM	5	\$53.50	SC3922-04
Aug 24-28	M-F	10:45 AM-11:15 AM	5	\$53.50	SC3922-05
Aug 24-28	M-F	11:35 AM-12:05 PM	5	\$53.50	SC3922-06

Swimmer 3 (Ages 6+)

Aug 24-28	M-F	09:35 AM-10:05 AM	5	\$53.50	SC3923-03
Aug 24-28	M-F	10:25 AM-10:55 AM	5	\$53.50	SC3923-04

Swimmer 4 (Ages 6+)

Aug 24-28	M-F	09:00 AM-09:45 AM	5	\$62.50	SC3970-02
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Swimmer 6 (Ages 6+)

Aug 24-28	M-F	10:10 AM-10:55 AM	5	\$62.50	SC3972-02
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SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL, SWIMMER & SWIM PATROL)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAKEWOOD CIVIC CENTRE 1635 McKercher Drive											
Classes cancelled on Oct 12; Nov 7, 11, 17 & 19.											
5-day lesson sets are available at Lakewood Civic Centre this Fall.											
Refer to page 21 for more information.											
Parent & Tot 1 (Ages 4-12 mos)											
Oct 5-Nov 30	M	10:20 AM-10:50 AM	8	\$76.25	LW4700-01	Oct 5-Nov 30	M	06:30 PM-07:00 PM	8	\$76.25	LW4720-03
Oct 6-Dec 1	Tu	03:00 PM-03:30 PM	8	\$76.25	LW4700-02	Oct 6-Dec 1	Tu	10:20 AM-10:50 AM	8	\$76.25	LW4720-04
Oct 7-Dec 2	W	10:20 AM-10:50 AM	8	\$76.25	LW4700-03	Oct 6-Dec 1	Tu	01:15 PM-01:45 PM	8	\$76.25	LW4720-05
Oct 8-Dec 3	Th	10:20 AM-10:50 AM	8	\$76.25	LW4700-04	Oct 6-Dec 1	Tu	04:45 PM-05:15 PM	8	\$76.25	LW4720-06
Oct 8-Dec 3	Th	03:00 PM-03:30 PM	8	\$76.25	LW4700-05	Oct 6-Dec 1	Tu	05:40 PM-06:10 PM	8	\$76.25	LW4720-07
Oct 8-Dec 3	Th	05:15 PM-05:45 PM	8	\$76.25	LW4700-06	Oct 6-Dec 1	Tu	06:35 PM-07:05 PM	8	\$76.25	LW4720-08
Oct 10-Dec 5	Sa	09:55 AM-10:25 AM	8	\$76.25	LW4700-07	Oct 6-Dec 1	Tu	07:30 PM-08:00 PM	8	\$76.25	LW4720-09
Parent & Tot 2 (Ages 12-24 mos)						Oct 7-Dec 2	W	09:10 AM-09:40 AM	8	\$76.25	LW4720-10
Oct 5-Nov 30	M	06:30 PM-07:00 PM	8	\$76.25	LW4705-01	Oct 7-Dec 2	W	04:35 PM-05:05 PM	8	\$76.25	LW4720-11
Oct 6-Dec 1	Tu	09:10 AM-09:40 AM	8	\$76.25	LW4705-03	Oct 7-Dec 2	W	06:55 PM-07:25 PM	8	\$76.25	LW4720-12
Oct 7-Dec 2	W	05:05 PM-05:35 PM	8	\$76.25	LW4705-04	Oct 7-Dec 2	W	07:10 PM-07:40 PM	8	\$76.25	LW4720-13
Oct 8-Dec 3	Th	01:50 PM-02:20 PM	8	\$76.25	LW4705-05	Oct 8-Dec 3	Th	09:45 AM-10:15 AM	8	\$76.25	LW4720-14
Oct 9-Nov 27	F	04:30 PM-05:00 PM	8	\$76.25	LW4705-06	Oct 8-Dec 3	Th	01:15 PM-01:45 PM	8	\$76.25	LW4720-15
Oct 10-Dec 5	Sa	09:40 AM-10:10 AM	8	\$76.25	LW4705-07	Oct 8-Dec 3	Th	04:40 PM-05:10 PM	8	\$76.25	LW4720-16
Oct 10-Dec 5	Sa	12:15 PM-12:45 PM	8	\$76.25	LW4705-08	Oct 8-Dec 3	Th	05:15 PM-05:45 PM	8	\$76.25	LW4720-17
Oct 18-Dec 6	Su	06:05 PM-06:35 PM	8	\$76.25	LW4705-09	Oct 8-Dec 3	Th	06:00 PM-06:30 PM	8	\$76.25	LW4720-18
Parent & Tot 3 (Ages 24-36 mos)						Oct 8-Dec 3	Th	07:25 PM-07:55 PM	8	\$76.25	LW4720-19
Oct 5-Nov 30	M	04:35 PM-05:05 PM	8	\$76.25	LW4710-01	Oct 9-Nov 27	F	09:10 AM-09:40 AM	8	\$76.25	LW4720-20
Oct 6-Dec 1	Tu	02:25 PM-02:55 PM	8	\$76.25	LW4710-03	Oct 9-Nov 27	F	05:10 PM-05:40 PM	8	\$76.25	LW4720-21
Oct 7-Dec 2	W	05:55 PM-06:25 PM	8	\$76.25	LW4710-04	Oct 9-Nov 27	F	05:50 PM-06:20 PM	8	\$76.25	LW4720-22
Oct 9-Nov 27	F	10:20 AM-10:50 AM	8	\$76.25	LW4710-05	Oct 10-Dec 5	Sa	11:05 AM-11:35 AM	8	\$76.25	LW4720-23
Oct 10-Dec 5	Sa	10:50 AM-11:20 AM	8	\$76.25	LW4710-06	Oct 10-Dec 5	Sa	12:05 PM-12:35 PM	8	\$76.25	LW4720-24
Oct 18-Dec 6	Su	05:30 PM-06:00 PM	8	\$76.25	LW4710-07	Oct 18-Dec 6	Su	05:30 PM-06:00 PM	8	\$76.25	LW4720-25
Preschool 1 (Ages 3-5 yrs)						Oct 18-Dec 6	Su	07:20 PM-07:50 PM	8	\$76.25	LW4720-26
Oct 5-Nov 30	M	09:10 AM-09:40 AM	8	\$76.25	LW4715-01	Preschool 3 (Ages 3-5 yrs)					
Oct 5-Nov 30	M	04:30 PM-05:00 PM	8	\$76.25	LW4715-02	Oct 5-Nov 30	M	04:35 PM-05:05 PM	8	\$76.25	LW4725-01
Oct 5-Nov 30	M	05:45 PM-06:15 PM	8	\$76.25	LW4715-03	Oct 5-Nov 30	M	05:35 PM-06:05 PM	8	\$76.25	LW4725-02
Oct 6-Dec 1	Tu	09:45 AM-10:15 AM	8	\$76.25	LW4715-04	Oct 5-Nov 30	M	06:20 PM-06:50 PM	8	\$76.25	LW4725-03
Oct 6-Dec 1	Tu	01:50 PM-02:20 PM	8	\$76.25	LW4715-05	Oct 6-Dec 1	Tu	04:30 PM-05:00 PM	8	\$76.25	LW4725-04
Oct 6-Dec 1	Tu	05:25 PM-05:55 PM	8	\$76.25	LW4715-06	Oct 6-Dec 1	Tu	06:30 PM-07:00 PM	8	\$76.25	LW4725-05
Oct 6-Dec 1	Tu	06:20 PM-06:50 PM	8	\$76.25	LW4715-07	Oct 7-Dec 2	W	04:40 PM-05:10 PM	8	\$76.25	LW4725-06
Oct 6-Dec 1	Tu	07:20 PM-07:50 PM	8	\$76.25	LW4715-08	Oct 7-Dec 2	W	07:35 PM-08:05 PM	8	\$76.25	LW4725-07
Oct 7-Dec 2	W	09:45 AM-10:15 AM	8	\$76.25	LW4715-09	Oct 8-Dec 3	Th	06:00 PM-06:30 PM	8	\$76.25	LW4725-08
Oct 7-Dec 2	W	04:40 PM-05:10 PM	8	\$76.25	LW4715-10	Oct 8-Dec 3	Th	07:15 PM-07:45 PM	8	\$76.25	LW4725-09
Oct 7-Dec 2	W	05:20 PM-05:50 PM	8	\$76.25	LW4715-11	Oct 9-Nov 27	F	04:40 PM-05:10 PM	8	\$76.25	LW4725-10
Oct 7-Dec 2	W	05:45 PM-06:15 PM	8	\$76.25	LW4715-12	Oct 9-Nov 27	F	06:20 PM-06:50 PM	8	\$76.25	LW4725-11
Oct 7-Dec 2	W	06:20 PM-06:50 PM	8	\$76.25	LW4715-13	Oct 10-Dec 5	Sa	09:00 AM-09:30 AM	8	\$76.25	LW4725-12
Oct 7-Dec 2	W	06:45 PM-07:15 PM	8	\$76.25	LW4715-14	Oct 10-Dec 5	Sa	10:30 AM-11:00 AM	8	\$76.25	LW4725-13
Oct 8-Dec 3	Th	09:10 AM-09:40 AM	8	\$76.25	LW4715-15	Oct 18-Dec 6	Su	06:10 PM-06:40 PM	8	\$76.25	LW4725-14
Oct 8-Dec 3	Th	02:25 PM-02:55 PM	8	\$76.25	LW4715-16	Oct 18-Dec 6	Su	06:40 PM-07:10 PM	8	\$76.25	LW4725-15
Oct 8-Dec 3	Th	05:05 PM-05:35 PM	8	\$76.25	LW4715-17	Preschool 4 (Ages 3-5 yrs)					
Oct 8-Dec 3	Th	05:50 PM-06:20 PM	8	\$76.25	LW4715-18	Oct 6-Dec 1	Tu	05:25 PM-05:55 PM	8	\$76.25	LW4730-01
Oct 8-Dec 3	Th	06:40 PM-07:10 PM	8	\$76.25	LW4715-19	Oct 7-Dec 2	W	05:40 PM-06:10 PM	8	\$76.25	LW4730-02
Oct 8-Dec 3	Th	07:00 PM-07:30 PM	8	\$76.25	LW4715-20	Oct 8-Dec 3	Th	05:25 PM-05:55 PM	8	\$76.25	LW4730-03
Oct 9-Nov 27	F	09:45 AM-10:15 AM	8	\$76.25	LW4715-21	Oct 10-Dec 5	Sa	09:05 AM-09:35 AM	8	\$76.25	LW4730-04
Oct 9-Nov 27	F	05:05 PM-05:35 PM	8	\$76.25	LW4715-22	Oct 18-Dec 6	Su	06:05 PM-06:35 PM	8	\$76.25	LW4730-05
Oct 9-Nov 27	F	06:25 PM-06:55 PM	8	\$76.25	LW4715-23	Swimmer 1 (Ages 6+)					
Oct 10-Dec 5	Sa	09:35 AM-10:05 AM	8	\$76.25	LW4715-24	Oct 5-Nov 30	M	05:45 PM-06:15 PM	8	\$76.25	LW4740-01
Oct 10-Dec 5	Sa	10:15 AM-10:45 AM	8	\$76.25	LW4715-25	Oct 5-Nov 30	M	05:55 PM-06:25 PM	8	\$76.25	LW4740-02
Oct 10-Dec 5	Sa	11:40 AM-12:10 PM	8	\$76.25	LW4715-26	Oct 6-Dec 1	Tu	04:45 PM-05:15 PM	8	\$76.25	LW4740-03
Oct 10-Dec 5	Sa	12:20 PM-12:50 PM	8	\$76.25	LW4715-27	Oct 6-Dec 1	Tu	05:55 PM-06:25 PM	8	\$76.25	LW4740-04
Oct 18-Dec 6	Su	05:35 PM-06:05 PM	8	\$76.25	LW4715-28	Oct 6-Dec 1	Tu	06:40 PM-07:10 PM	8	\$76.25	LW4740-05
Oct 18-Dec 6	Su	06:20 PM-06:50 PM	8	\$76.25	LW4715-29	Oct 7-Dec 2	W	04:30 PM-05:00 PM	8	\$76.25	LW4740-06
Oct 18-Dec 6	Su	06:40 PM-07:10 PM	8	\$76.25	LW4715-30	Oct 7-Dec 2	W	05:10 PM-05:40 PM	8	\$76.25	LW4740-07
Oct 18-Dec 6	Su	07:25 PM-07:55 PM	8	\$76.25	LW4715-31	Oct 7-Dec 2	W	06:25 PM-06:55 PM	8	\$76.25	LW4740-08
Preschool 2 (Ages 3-5 yrs)						Oct 8-Dec 3	Th	04:40 PM-05:10 PM	8	\$76.25	LW4740-09
Oct 5-Nov 30	M	09:45 AM-10:15 AM	8	\$76.25	LW4720-01	Oct 8-Dec 3	Th	06:40 PM-07:10 PM	8	\$76.25	LW4740-10
Oct 5-Nov 30	M	05:10 PM-05:40 PM	8	\$76.25	LW4720-02	Oct 9-Nov 27	F	05:45 PM-06:15 PM	8	\$76.25	LW4740-11
Swimmer 2 (Ages 6+)						Oct 10-Dec 5	Sa	09:35 AM-10:05 AM	8	\$76.25	LW4740-12
Oct 5-Nov 30	M	05:10 PM-05:40 PM	8	\$76.25	LW4745-01	Oct 10-Dec 5	Sa	11:30 AM-12:00 PM	8	\$76.25	LW4740-13
Oct 5-Nov 30	M	05:20 PM-05:50 PM	8	\$76.25	LW4745-02	Oct 10-Dec 5	Sa	11:40 AM-12:10 PM	8	\$76.25	LW4740-14
Oct 5-Nov 30	M	06:20 PM-06:50 PM	8	\$76.25	LW4745-03	Oct 18-Dec 6	Su	07:20 PM-07:50 PM	8	\$76.25	LW4740-15
						Oct 18-Dec 6	Su	07:55 PM-08:25 PM	8	\$76.25	LW4740-16

SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL, SWIMMER & SWIM PATROL)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAKEWOOD CIVIC CENTRE <i>continued</i>						Star Patrol (Ages 8+)					
Swimmer 2 (Ages 6+)						Oct 8-Dec 3	Th	05:50 PM-06:50 PM	8	\$114.50	LW4780-01
Oct 6-Dec 1	Tu	05:05 PM-05:35 PM	8	\$76.25	LW4745-04	Oct 18-Dec 6	Su	06:10 PM-07:10 PM	8	\$114.50	LW4780-02
Oct 6-Dec 1	Tu	06:55 PM-07:25 PM	8	\$76.25	LW4745-05						
Oct 6-Dec 1	Tu	07:15 PM-07:45 PM	8	\$76.25	LW4745-06						
Oct 7-Dec 2	W	06:35 PM-07:05 PM	8	\$76.25	LW4745-07						
Oct 7-Dec 2	W	07:00 PM-07:30 PM	8	\$76.25	LW4745-08						
Oct 8-Dec 3	Th	04:30 PM-05:00 PM	8	\$76.25	LW4745-09						
Oct 8-Dec 3	Th	06:30 PM-07:00 PM	8	\$76.25	LW4745-10						
Oct 8-Dec 3	Th	07:35 PM-08:05 PM	8	\$76.25	LW4745-11						
Oct 9-Nov 27	F	04:35 PM-05:05 PM	8	\$76.25	LW4745-12						
Oct 9-Nov 27	F	06:30 PM-07:00 PM	8	\$76.25	LW4745-13						
Oct 10-Dec 5	Sa	10:15 AM-10:45 AM	8	\$76.25	LW4745-14						
Oct 10-Dec 5	Sa	11:05 AM-11:35 AM	8	\$76.25	LW4745-15						
Oct 18-Dec 6	Su	07:50 PM-08:20 PM	8	\$76.25	LW4745-16						
Swimmer 3 (Ages 6+)											
Oct 5-Nov 30	M	05:05 PM-05:35 PM	8	\$76.25	LW4750-01						
Oct 6-Dec 1	Tu	05:20 PM-05:50 PM	8	\$76.25	LW4750-02						
Oct 6-Dec 1	Tu	06:00 PM-06:30 PM	8	\$76.25	LW4750-03						
Oct 7-Dec 2	W	06:05 PM-06:35 PM	8	\$76.25	LW4750-04						
Oct 7-Dec 2	W	07:30 PM-08:00 PM	8	\$76.25	LW4750-05						
Oct 8-Dec 3	Th	05:25 PM-05:55 PM	8	\$76.25	LW4750-06						
Oct 8-Dec 3	Th	06:50 PM-07:20 PM	8	\$76.25	LW4750-07						
Oct 9-Nov 27	F	05:15 PM-05:45 PM	8	\$76.25	LW4750-08						
Oct 10-Dec 5	Sa	11:10 AM-11:40 AM	8	\$76.25	LW4750-09						
Oct 10-Dec 5	Sa	12:15 PM-12:45 PM	8	\$76.25	LW4750-10						
Oct 18-Dec 6	Su	05:35 PM-06:05 PM	8	\$76.25	LW4750-11						
Oct 18-Dec 6	Su	07:55 PM-08:25 PM	8	\$76.25	LW4750-12						
Swimmer 4 (Ages 6+)											
Oct 5-Nov 30	M	06:10 PM-06:55 PM	8	\$100.00	LW4755-01						
Oct 6-Dec 1	Tu	06:00 PM-06:45 PM	8	\$100.00	LW4755-02						
Oct 6-Dec 1	Tu	07:05 PM-07:50 PM	8	\$100.00	LW4755-03						
Oct 7-Dec 2	W	04:30 PM-05:15 PM	8	\$100.00	LW4755-04						
Oct 7-Dec 2	W	06:05 PM-06:50 PM	8	\$100.00	LW4755-05						
Oct 7-Dec 2	W	07:20 PM-08:05 PM	8	\$100.00	LW4755-06						
Oct 8-Dec 3	Th	07:15 PM-08:00 PM	8	\$100.00	LW4755-07						
Oct 9-Nov 27	F	04:30 PM-05:15 PM	8	\$100.00	LW4755-08						
Oct 9-Nov 27	F	05:40 PM-06:25 PM	8	\$100.00	LW4755-09						
Oct 10-Dec 5	Sa	09:05 AM-09:50 AM	8	\$100.00	LW4755-10						
Oct 10-Dec 5	Sa	10:55 AM-11:40 AM	8	\$100.00	LW4755-11						
Oct 18-Dec 6	Su	05:30 PM-06:15 PM	8	\$100.00	LW4755-12						
Oct 18-Dec 6	Su	06:50 PM-07:35 PM	8	\$100.00	LW4755-13						
Swimmer 5 (Ages 6+)											
Oct 5-Nov 30	M	04:30 PM-05:15 PM	8	\$100.00	LW4760-01						
Oct 6-Dec 1	Tu	04:35 PM-05:20 PM	8	\$100.00	LW4760-02						
Oct 7-Dec 2	W	05:15 PM-06:00 PM	8	\$100.00	LW4760-03						
Oct 8-Dec 3	Th	04:35 PM-05:20 PM	8	\$100.00	LW4760-04						
Oct 9-Nov 27	F	05:20 PM-06:05 PM	8	\$100.00	LW4760-05						
Oct 10-Dec 5	Sa	10:10 AM-10:55 AM	8	\$100.00	LW4760-06						
Oct 18-Dec 6	Su	07:00 PM-07:45 PM	8	\$100.00	LW4760-07						
Swimmer 6 (Ages 6+)											
Oct 5-Nov 30	M	05:40 PM-06:25 PM	8	\$100.00	LW4765-01						
Oct 6-Dec 1	Tu	04:35 PM-05:20 PM	8	\$100.00	LW4765-02						
Oct 7-Dec 2	W	05:15 PM-06:00 PM	8	\$100.00	LW4765-03						
Oct 8-Dec 3	Th	04:35 PM-05:20 PM	8	\$100.00	LW4765-04						
Oct 9-Nov 27	F	06:10 PM-06:55 PM	8	\$100.00	LW4765-05						
Oct 10-Dec 5	Sa	10:10 AM-10:55 AM	8	\$100.00	LW4765-06						
Rookie Patrol (Ages 8+)											
Oct 6-Dec 1	Tu	05:20 PM-06:20 PM	8	\$114.50	LW4770-01						
Oct 8-Dec 3	Th	05:50 PM-06:50 PM	8	\$114.50	LW4770-02						
Oct 10-Dec 5	Sa	09:10 AM-10:10 AM	8	\$114.50	LW4770-03						
Ranger Patrol (Ages 8+)											
Oct 5-Nov 30	M	04:30 PM-05:30 PM	8	\$114.50	LW4775-01						
Oct 7-Dec 2	W	07:00 PM-08:00 PM	8	\$114.50	LW4775-02						
Oct 10-Dec 5	Sa	11:45 AM-12:45 PM	8	\$114.50	LW4775-03						

5-Day Lesson Sets

These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water.

LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Parent & Tot 1 (Ages 4-12 mos)

Dec 7-11 M-F 05:15 PM-05:45 PM 5 \$53.50 LW4913-01

Parent & Tot 2 (Ages 12-24 mos)

Dec 7-11 M-F 04:30 PM-05:00 PM 5 \$53.50 LW4914-01

Dec 14-18 M-F 09:10 AM-09:40 AM 5 \$53.50 LW4914-02

Parent & Tot 3 (Ages 24-36 mos)

Dec 7-11 M-F 10:20 AM-10:50 AM 5 \$53.50 LW4915-01

Dec 7-11 M-F 05:40 PM-06:10 PM 5 \$53.50 LW4915-02

Preschool 1 (Ages 3-5 yrs)

Dec 7-11 M-F 09:45 AM-10:15 AM 5 \$53.50 LW4916-01

Dec 7-11 M-F 04:40 PM-05:10 PM 5 \$53.50 LW4916-02

Dec 7-11 M-F 05:05 PM-05:35 PM 5 \$53.50 LW4916-03

Dec 7-11 M-F 06:15 PM-06:45 PM 5 \$53.50 LW4916-04

Dec 14-18 M-F 09:45 AM-10:15 AM 5 \$53.50 LW4916-05

Dec 14-18 M-F 05:05 PM-05:35 PM 5 \$53.50 LW4916-06

Dec 14-18 M-F 05:15 PM-05:45 PM 5 \$53.50 LW4916-07

Dec 14-18 M-F 06:40 PM-07:10 PM 5 \$53.50 LW4916-08

Dec 14-18 M-F 06:45 PM-07:15 PM 5 \$53.50 LW4916-09

Preschool 2 (Ages 3-5 yrs)

Dec 7-11 M-F 09:10 AM-09:40 AM 5 \$53.50 LW4917-01

Dec 7-11 M-F 05:05 PM-05:35 PM 5 \$53.50 LW4917-02

Dec 7-11 M-F 05:40 PM-06:10 PM 5 \$53.50 LW4917-03

Dec 7-11 M-F 05:50 PM-06:20 PM 5 \$53.50 LW4917-04

Dec 14-18 M-F 10:20 AM-10:50 AM 5 \$53.50 LW4917-05

Dec 14-18 M-F 04:40 PM-05:10 PM 5 \$53.50 LW4917-06

Dec 14-18 M-F 05:15 PM-05:45 PM 5 \$53.50 LW4917-07

Dec 14-18 M-F 06:00 PM-06:30 PM 5 \$53.50 LW4917-08

Dec 14-18 M-F 06:35 PM-07:05 PM 5 \$53.50 LW4917-09

Preschool 3 (Ages 3-5 yrs)

Dec 7-11 M-F 05:50 PM-06:20 PM 5 \$53.50 LW4918-01

Dec 14-18 M-F 06:00 PM-06:30 PM 5 \$53.50 LW4918-02

Dec 14-18 M-F 07:15 PM-07:45 PM 5 \$53.50 LW4918-03

Preschool 4 (Ages 3-5 yrs)

Dec 14-18 M-F 05:25 PM-05:55 PM 5 \$53.50 LW4919-01

Swimmer 1 (Ages 6+)

Dec 7-11 M-F 04:40 PM-05:10 PM 5 \$53.50 LW4921-01

Dec 7-11 M-F 05:15 PM-05:45 PM 5 \$53.50 LW4921-02

Dec 7-11 M-F 07:00 PM-07:30 PM 5 \$53.50 LW4921-03

Dec 14-18 M-F 04:40 PM-05:10 PM 5 \$53.50 LW4921-04

Dec 14-18 M-F 07:10 PM-07:40 PM 5 \$53.50 LW4921-05

Swimmer 2 (Ages 6+)

Dec 7-11 M-F 04:30 PM-05:00 PM 5 \$53.50 LW4922-01

Dec 7-11 M-F 06:25 PM-06:55 PM 5 \$53.50 LW4922-02

Lakewood Civic Centre 5-Day Lesson Sets continued on page 22. >>

SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL, SWIMMER & SWIM PATROL)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAKEWOOD CIVIC CENTRE <i>continued</i>						Sep 2-Oct 5	M/W	05:45 PM-06:15 PM	8	\$76.25	LC4715-04
<< <i>Lakewood Civic Centre 5-Day Lesson Sets continued from page 21.</i>						Sep 2-Oct 5	M/W	06:50 PM-07:20 PM	8	\$76.25	LC4715-05
Swimmer 2 (Ages 6+)						Sep 12-Nov 14	Sa	10:05 AM-10:35 AM	10	\$95.25	LC4717-01
Dec 14-18	M-F	05:25 PM-05:55 PM	5	\$53.50	LW4922-03	Sep 12-Nov 14	Sa	10:35 AM-11:05 AM	10	\$95.25	LC4717-02
Dec 14-18	M-F	05:50 PM-06:20 PM	5	\$53.50	LW4922-04	Sep 12-Nov 14	Sa	12:00 PM-12:30 PM	10	\$95.25	LC4717-03
Dec 14-18	M-F	07:20 PM-07:50 PM	5	\$53.50	LW4922-05	Sep 13-Nov 8	Su	05:30 PM-06:00 PM	8	\$76.25	LC4715-06
Swimmer 3 (Ages 6+)						Sep 15-Oct 8	Tu/Th	10:35 AM-11:05 AM	8	\$76.25	LC4715-07
Dec 14-18	M-F	04:30 PM-05:00 PM	5	\$53.50	LW4923-01	Sep 15-Oct 8	Tu/Th	05:25 PM-05:55 PM	8	\$76.25	LC4715-08
Dec 14-18	M-F	06:40 PM-07:10 PM	5	\$53.50	LW4923-02	Sep 15-Oct 8	Tu/Th	06:30 PM-07:00 PM	8	\$76.25	LC4715-09
Swimmer 4 (Ages 6+)						Oct 7-Dec 2	W	11:20 AM-11:50 AM	8	\$76.25	LC4715-10
Dec 14-18	M-F	05:40 PM-06:25 PM	5	\$62.50	LW4970-01	Oct 13-Dec 1	Tu	10:40 AM-11:10 AM	8	\$76.25	LC4715-11
Dec 14-18	M-F	06:30 PM-07:15 PM	5	\$62.50	LW4970-02	Oct 13-Dec 1	Tu	04:30 PM-05:00 PM	8	\$76.25	LC4715-12
Swimmer 5 (Ages 6+)						Oct 13-Dec 1	Tu	05:40 PM-06:10 PM	8	\$76.25	LC4715-13
Dec 14-18	M-F	04:35 PM-05:20 PM	5	\$62.50	LW4971-01	Oct 13-Dec 1	Tu	06:55 PM-07:25 PM	8	\$76.25	LC4715-14
Swimmer 6 (Ages 6+)						Oct 15-Dec 3	Th	10:35 AM-11:05 AM	8	\$76.25	LC4715-15
Dec 14-18	M-F	04:35 PM-05:20 PM	5	\$62.50	LW4972-01	Oct 15-Dec 3	Th	04:35 PM-05:05 PM	8	\$76.25	LC4715-16
						Oct 15-Dec 3	Th	05:05 PM-05:35 PM	8	\$76.25	LC4715-17
						Oct 15-Dec 3	Th	06:00 PM-06:30 PM	8	\$76.25	LC4715-18
						Oct 15-Dec 3	Th	06:30 PM-07:00 PM	8	\$76.25	LC4715-19
						Oct 16-Dec 4	F	10:10 AM-10:40 AM	8	\$76.25	LC4715-20
						Oct 16-Dec 4	F	05:40 PM-06:10 PM	8	\$76.25	LC4715-21
						Oct 19-Dec 7	M	10:10 AM-10:40 AM	8	\$76.25	LC4715-22
						Oct 19-Dec 7	M	11:50 AM-12:20 PM	8	\$76.25	LC4715-23
						Oct 19-Dec 7	M	04:35 PM-05:05 PM	8	\$76.25	LC4715-24
						Oct 19-Dec 7	M	05:05 PM-05:35 PM	8	\$76.25	LC4715-25
						Oct 19-Dec 7	M	05:45 PM-06:15 PM	8	\$76.25	LC4715-26
						Oct 19-Dec 7	M	05:55 PM-06:25 PM	8	\$76.25	LC4715-28
						Oct 19-Dec 7	M	06:50 PM-07:20 PM	8	\$76.25	LC4715-27
						Preschool 1/2 (Ages 3-5 yrs)					
						Sep 2-Oct 5	M/W	11:20 AM-11:50 AM	8	\$76.25	LC4929-01
						Oct 7-Dec 2	W	12:25 PM-12:55 PM	8	\$76.25	LC4929-02
						Oct 13-Dec 1	Tu	11:15 AM-11:45 AM	8	\$76.25	LC4929-03
						Oct 16-Dec 4	F	11:15 AM-11:45 AM	8	\$76.25	LC4929-04
						Preschool 2 (Ages 3-5 yrs)					
						Sep 2-Oct 5	M/W	09:35 AM-10:05 AM	8	\$76.25	LC4720-01
						Sep 2-Oct 5	M/W	04:30 PM-05:00 PM	8	\$76.25	LC4720-02
						Sep 2-Oct 5	M/W	05:20 PM-05:50 PM	8	\$76.25	LC4720-03
						Sep 2-Oct 5	M/W	06:15 PM-06:45 PM	8	\$76.25	LC4720-04
						Sep 12-Nov 14	Sa	10:05 AM-10:35 AM	10	\$95.25	LC4722-01
						Sep 12-Nov 14	Sa	10:50 AM-11:20 AM	10	\$95.25	LC4722-02
						Sep 12-Nov 14	Sa	11:10 AM-11:40 AM	10	\$95.25	LC4722-03
						Sep 12-Nov 14	Sa	11:50 AM-12:20 PM	10	\$95.25	LC4722-04
						Sep 13-Nov 8	Su	05:45 PM-06:15 PM	8	\$76.25	LC4720-05
						Sep 13-Nov 8	Su	06:40 PM-07:10 PM	8	\$76.25	LC4720-06
						Sep 15-Oct 8	Tu/Th	10:10 AM-10:40 AM	8	\$76.25	LC4720-07
						Sep 15-Oct 8	Tu/Th	05:05 PM-05:35 PM	8	\$76.25	LC4720-08
						Sep 15-Oct 8	Tu/Th	05:40 PM-06:10 PM	8	\$76.25	LC4720-09
						Sep 15-Oct 8	Tu/Th	06:35 PM-07:05 PM	8	\$76.25	LC4720-10
						Oct 7-Dec 2	W	10:05 AM-10:35 AM	8	\$76.25	LC4720-11
						Oct 13-Dec 1	Tu	10:05 AM-10:35 AM	8	\$76.25	LC4720-12
						Oct 13-Dec 1	Tu	04:35 PM-05:05 PM	8	\$76.25	LC4720-13
						Oct 13-Dec 1	Tu	05:05 PM-05:35 PM	8	\$76.25	LC4720-14
						Oct 13-Dec 1	Tu	05:55 PM-06:25 PM	8	\$76.25	LC4720-15
						Oct 13-Dec 1	Tu	06:50 PM-07:20 PM	8	\$76.25	LC4720-16
						Oct 15-Dec 3	Th	10:05 AM-10:35 AM	8	\$76.25	LC4720-17
						Oct 15-Dec 3	Th	05:10 PM-05:40 PM	8	\$76.25	LC4720-18
						Oct 15-Dec 3	Th	05:40 PM-06:10 PM	8	\$76.25	LC4720-19
						Oct 16-Dec 4	F	09:35 AM-10:05 AM	8	\$76.25	LC4720-20
						Oct 16-Dec 4	F	05:05 PM-05:35 PM	8	\$76.25	LC4720-21
						Oct 16-Dec 4	F	05:55 PM-06:25 PM	8	\$76.25	LC4720-22
						Oct 16-Dec 4	F	06:20 PM-06:50 PM	8	\$76.25	LC4720-23
						Oct 19-Dec 7	M	09:35 AM-10:05 AM	8	\$76.25	LC4720-24
						Oct 19-Dec 7	M	10:05 AM-10:35 AM	8	\$76.25	LC4720-25
						Oct 19-Dec 7	M	04:30 PM-05:00 PM	8	\$76.25	LC4720-26
						Oct 19-Dec 7	M	05:20 PM-05:50 PM	8	\$76.25	LC4720-27
						Oct 19-Dec 7	M	06:15 PM-06:45 PM	8	\$76.25	LC4720-28
						Dec 8-18	M-F	05:05 PM-05:35 PM	9	\$85.75	LC4721-01

SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL, SWIMMER & SWIM PATROL)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAWSON CIVIC CENTRE <i>continued</i>											
Preschool 3 (Ages 3-5 yrs)											
Sep 2-Oct 5	M/W	11:55 AM-12:25 PM	8	\$76.25	LC4725-01						
Sep 12-Nov 14	Sa	10:40 AM-11:10 AM	10	\$95.25	LC4727-01						
Sep 13-Nov 8	Su	06:05 PM-06:35 PM	8	\$76.25	LC4725-02						
Sep 13-Nov 8	Su	06:20 PM-06:50 PM	8	\$76.25	LC4725-03						
Sep 13-Nov 8	Su	06:55 PM-07:25 PM	8	\$76.25	LC4725-04						
Sep 15-Oct 8	Tu/Th	10:45 AM-11:15 AM	8	\$76.25	LC4725-05						
Sep 15-Oct 8	Tu/Th	04:30 PM-05:00 PM	8	\$76.25	LC4725-06						
Sep 15-Oct 8	Tu/Th	06:00 PM-06:30 PM	8	\$76.25	LC4725-07						
Oct 7-Dec 2	W	11:15 AM-11:45 AM	8	\$76.25	LC4725-08						
Oct 15-Dec 3	Th	10:45 AM-11:15 AM	8	\$76.25	LC4725-09						
Oct 15-Dec 3	Th	05:10 PM-05:40 PM	8	\$76.25	LC4725-10						
Oct 16-Dec 4	F	10:40 AM-11:10 AM	8	\$76.25	LC4725-11						
Oct 16-Dec 4	F	06:15 PM-06:45 PM	8	\$76.25	LC4725-12						
Oct 19-Dec 7	M	12:25 PM-12:55 PM	8	\$76.25	LC4725-13						
Oct 19-Dec 7	M	05:40 PM-06:10 PM	8	\$76.25	LC4725-14						
Dec 8-18	M-F	06:30 PM-07:00 PM	9	\$85.75	LC4726-01						
Preschool 4 (Ages 3-5 yrs)											
Sep 2-Oct 5	M/W	05:40 PM-06:10 PM	8	\$76.25	LC4730-01						
Sep 12-Nov 14	Sa	11:50 AM-12:20 PM	10	\$95.25	LC4732-01						
Sep 13-Nov 8	Su	07:30 PM-08:00 PM	8	\$76.25	LC4730-02						
Sep 15-Oct 8	Tu/Th	04:35 PM-05:05 PM	8	\$76.25	LC4730-03						
Sep 15-Oct 8	Tu/Th	06:50 PM-07:20 PM	8	\$76.25	LC4730-04						
Oct 7-Dec 2	W	11:50 AM-12:20 PM	8	\$76.25	LC4730-05						
Oct 13-Dec 1	Tu	05:10 PM-05:40 PM	8	\$76.25	LC4730-06						
Dec 8-18	M-F	04:30 PM-05:00 PM	9	\$85.75	LC4731-01						
Preschool 4/5 (Ages 3-5 yrs)											
Sep 2-Oct 5	M/W	10:40 AM-11:10 AM	8	\$76.25	LC4932-01						
Sep 15-Oct 8	Tu/Th	11:10 AM-11:40 AM	8	\$76.25	LC4932-02						
Oct 13-Dec 1	Tu	10:40 AM-11:10 AM	8	\$76.25	LC4932-03						
Oct 16-Dec 4	F	11:20 AM-11:50 AM	8	\$76.25	LC4932-04						
Oct 19-Dec 7	M	10:40 AM-11:10 AM	8	\$76.25	LC4932-05						
Preschool 5 (Ages 3-5 yrs)											
Sep 2-Oct 5	M/W	06:50 PM-07:20 PM	8	\$76.25	LC4735-01						
Sep 12-Nov 14	Sa	12:25 PM-12:55 PM	10	\$95.25	LC4737-01						
Oct 13-Dec 1	Tu	05:05 PM-05:35 PM	8	\$76.25	LC4735-02						
Oct 15-Dec 3	Th	06:55 PM-07:25 PM	8	\$76.25	LC4735-03						
Oct 16-Dec 4	F	04:30 PM-05:00 PM	8	\$76.25	LC4735-04						
Oct 19-Dec 7	M	06:20 PM-06:50 PM	8	\$76.25	LC4735-05						
Swimmer 1 (Ages 6+)											
Sep 2-Oct 5	M/W	11:15 AM-11:45 AM	8	\$76.25	LC4740-01						
Sep 2-Oct 5	M/W	04:30 PM-05:00 PM	8	\$76.25	LC4740-02						
Sep 2-Oct 5	M/W	05:45 PM-06:15 PM	8	\$76.25	LC4740-03						
Sep 2-Oct 5	M/W	05:55 PM-06:25 PM	8	\$76.25	LC4740-04						
Sep 2-Oct 5	M/W	06:20 PM-06:50 PM	8	\$76.25	LC4740-05						
Sep 12-Nov 14	Sa	10:00 AM-10:30 AM	10	\$95.25	LC4742-01						
Sep 12-Nov 14	Sa	10:40 AM-11:10 AM	10	\$95.25	LC4742-02						
Sep 12-Nov 14	Sa	11:45 AM-12:15 PM	10	\$95.25	LC4742-03						
Sep 15-Oct 8	Tu/Th	04:30 PM-05:00 PM	8	\$76.25	LC4740-06						
Sep 15-Oct 8	Tu/Th	05:05 PM-05:35 PM	8	\$76.25	LC4740-07						
Sep 15-Oct 8	Tu/Th	07:05 PM-07:35 PM	8	\$76.25	LC4740-08						
Oct 7-Dec 2	W	11:55 AM-12:25 PM	8	\$76.25	LC4740-09						
Oct 13-Dec 1	Tu	04:30 PM-05:00 PM	8	\$76.25	LC4740-10						
Oct 13-Dec 1	Tu	05:40 PM-06:10 PM	8	\$76.25	LC4740-11						
Oct 15-Dec 3	Th	04:30 PM-05:00 PM	8	\$76.25	LC4740-12						
Oct 15-Dec 3	Th	05:25 PM-05:55 PM	8	\$76.25	LC4740-13						
Oct 15-Dec 3	Th	05:45 PM-06:15 PM	8	\$76.25	LC4740-14						
Oct 16-Dec 4	F	05:05 PM-05:35 PM	8	\$76.25	LC4740-15						
Oct 16-Dec 4	F	05:45 PM-06:15 PM	8	\$76.25	LC4740-16						
Oct 16-Dec 4	F	06:30 PM-07:00 PM	8	\$76.25	LC4740-17						



Multi-Level Swim Lessons for Families

Designed for families with more than one child seeking Life Saving Society swim lessons; this option accommodates multiple swim levels within a single class. Registrants can choose their preferred time slot by phone. Simply inform us of your children's swim levels, and we'll ensure they receive instruction at the same time. Registrations are accepted by phone only beginning Monday, August 17. Call 306-975-7873 to register.

LAWSON CIVIC CENTRE 225 Primrose Drive
Classes cancelled on Nov 11.

Preschool 1 – Swimmer 3

Oct 7-Dec 2	W	04:35 PM-05:05 PM	8	\$76.25	LC4512-01
Oct 7-Dec 2	W	05:10 PM-05:40 PM	8	\$76.25	LC4512-02
Oct 7-Dec 2	W	05:50 PM-06:20 PM	8	\$76.25	LC4512-03
Oct 7-Dec 2	W	06:25 PM-06:55 PM	8	\$76.25	LC4512-04

Swimmer 4 – 6

Oct 7-Dec 2	W	04:55 PM-05:40 PM	8	\$100.00	LC4515-01
Oct 7-Dec 2	W	05:50 PM-06:35 PM	8	\$100.00	LC4515-02

Oct 19-Dec 7	M	11:20 AM-11:50 AM	8	\$76.25	LC4740-18
Oct 19-Dec 7	M	04:30 PM-05:00 PM	8	\$76.25	LC4740-19
Oct 19-Dec 7	M	05:45 PM-06:15 PM	8	\$76.25	LC4740-20
Oct 19-Dec 7	M	06:50 PM-07:20 PM	8	\$76.25	LC4740-21
Dec 8-18	M-F	04:30 PM-05:00 PM	9	\$85.75	LC4741-01
Dec 8-18	M-F	05:40 PM-06:10 PM	9	\$85.75	LC4741-02

Swimmer 2 (Ages 6+)

Sep 2-Oct 5	M/W	05:10 PM-05:40 PM	8	\$76.25	LC4745-01
Sep 2-Oct 5	M/W	06:15 PM-06:45 PM	8	\$76.25	LC4745-02
Sep 12-Nov 14	Sa	11:15 AM-11:45 AM	10	\$95.25	LC4747-01
Sep 12-Nov 14	Sa	12:25 PM-12:55 PM	10	\$95.25	LC4747-02
Sep 13-Nov 8	Su	05:10 PM-05:40 PM	8	\$76.25	LC4745-03
Sep 15-Oct 8	Tu/Th	05:45 PM-06:15 PM	8	\$76.25	LC4745-04
Sep 15-Oct 8	Tu/Th	06:15 PM-06:45 PM	8	\$76.25	LC4745-05
Oct 12-Dec 1	Tu	04:30 PM-05:00 PM	8	\$76.25	LC4745-06
Oct 12-Dec 1	Tu	05:05 PM-05:35 PM	8	\$76.25	LC4745-07
Oct 15-Dec 3	Th	05:55 PM-06:25 PM	8	\$76.25	LC4745-08
Oct 16-Dec 4	F	04:30 PM-05:00 PM	8	\$76.25	LC4745-09

SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL, SWIMMER & SWIM PATROL)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAWSON CIVIC CENTRE <i>continued</i>						Swimmer 3 (Ages 6+)					
Swimmer 2 (Ages 6+)						Sep 2-Oct 5	M/W	05:10 PM-05:40 PM	8	\$76.25	LC4750-01
Oct 16-Dec 4	F	05:10 PM-05:40 PM	8	\$76.25	LC4745-10	Sep 2-Oct 5	M/W	05:40 PM-06:10 PM	8	\$76.25	LC4750-02
Oct 16-Dec 4	F	05:40 PM-06:10 PM	8	\$76.25	LC4745-11	Sep 12-Nov 14	Sa	11:15 AM-11:45 AM	10	\$95.25	LC4752-01
Oct 19-Dec 7	M	05:10 PM-05:40 PM	8	\$76.25	LC4745-12	Sep 12-Nov 14	Sa	12:20 PM-12:50 PM	10	\$95.25	LC4752-02
Oct 19-Dec 7	M	06:15 PM-06:45 PM	8	\$76.25	LC4745-13	Sep 15-Oct 8	Tu/Th	04:30 PM-05:00 PM	8	\$76.25	LC4750-03
Dec 8-18	M-F	05:20 PM-05:50 PM	9	\$85.75	LC4746-01	Sep 15-Oct 8	Tu/Th	05:10 PM-05:40 PM	8	\$76.25	LC4750-04
Dec 8-18	M-F	06:30 PM-07:00 PM	9	\$85.75	LC4746-02	Sep 15-Oct 8	Tu/Th	06:30 PM-07:00 PM	8	\$76.25	LC4750-05
						Oct 12-Dec 1	Tu	04:30 PM-05:00 PM	8	\$76.25	LC4750-06
						Oct 12-Dec 1	Tu	05:40 PM-06:10 PM	8	\$76.25	LC4750-07
						Oct 15-Dec 3	Th	05:45 PM-06:15 PM	8	\$76.25	LC4750-08
						Oct 16-Dec 4	F	04:35 PM-05:05 PM	8	\$76.25	LC4750-09
						Oct 19-Dec 7	M	05:10 PM-05:40 PM	8	\$76.25	LC4750-10
						Oct 19-Dec 7	M	05:40 PM-06:10 PM	8	\$76.25	LC4750-11
						Oct 19-Dec 7	M	06:30 PM-07:00 PM	8	\$76.25	LC4750-12
						Dec 8-18	M-F	05:55 PM-06:25 PM	9	\$85.75	LC4751-01
						Dec 8-18	M-F	06:15 PM-06:45 PM	9	\$85.75	LC4751-02
						Swimmer 4 (Ages 6+)					
						Sep 2-Oct 5	M/W	04:30 PM-05:15 PM	8	\$100.00	LC4755-01
						Sep 12-Nov 14	Sa	10:00 AM-10:45 AM	10	\$125.00	LC4757-01
						Sep 12-Nov 14	Sa	10:55 AM-11:40 AM	10	\$125.00	LC4757-02
						Sep 15-Oct 8	Tu/Th	05:05 PM-05:50 PM	8	\$100.00	LC4755-02
						Sep 15-Oct 8	Tu/Th	06:20 PM-07:05 PM	8	\$100.00	LC4755-03
						Oct 13-Dec 1	Tu	05:05 PM-05:50 PM	8	\$100.00	LC4755-04
						Oct 15-Dec 3	Th	04:35 PM-05:20 PM	8	\$100.00	LC4755-05
						Oct 16-Dec 4	F	05:05 PM-05:50 PM	8	\$100.00	LC4755-06
						Oct 19-Dec 7	M	04:30 PM-05:15 PM	8	\$100.00	LC4755-07
						Dec 8-18	M-F	04:30 PM-05:15 PM	9	\$112.50	LC4756-01
						Dec 8-18	M-F	05:05 PM-05:50 PM	9	\$112.50	LC4756-02
						Swimmer 5 (Ages 6+)					
						Sep 2-Oct 5	M/W	06:20 PM-07:05 PM	8	\$100.00	LC4760-01
						Sep 12-Nov 14	Sa	11:45 AM-12:30 PM	10	\$125.00	LC4762-01
						Sep 15-Oct 8	Tu/Th	04:35 PM-05:20 PM	8	\$100.00	LC4760-02
						Oct 15-Dec 3	Th	06:15 PM-07:00 PM	8	\$100.00	LC4760-03
						Oct 19-Dec 7	M	06:20 PM-07:05 PM	8	\$100.00	LC4760-04
						Swimmer 6 (Ages 6+)					
						Sep 15-Oct 8	Tu/Th	05:40 PM-06:20 PM	8	\$100.00	LC4765-01
						Oct 15-Dec 3	Th	05:05 PM-05:50 PM	8	\$100.00	LC4765-02
						Oct 16-Dec 4	F	06:15 PM-07:00 PM	8	\$100.00	LC4765-03
						SHAW CENTRE 122 Bowlt Crescent					
						Parent & Tot 1 (Ages 4-12 mos)					
						Sep 8-Oct 8	Tu/Th	04:35 PM-05:05 PM	10	\$95.25	SC4702-01
						Oct 16-Dec 18	F	05:40 PM-06:10 PM	10	\$95.25	SC4702-02
						Oct 17-Dec 19	Sa	09:00 AM-09:30 AM	10	\$95.25	SC4702-03
						Parent & Tot 2 (Ages 12-24 mos)					
						Oct 13-Dec 15	Tu	05:55 PM-06:25 PM	10	\$95.25	SC4707-01
						Oct 15-Dec 17	Th	06:05 PM-06:35 PM	10	\$95.25	SC4707-02
						Parent & Tot 3 (Ages 24-36 mos)					
						Oct 13-Dec 15	Tu	06:35 PM-07:05 PM	10	\$95.25	SC4712-01
						Oct 16-Dec 18	F	04:00 PM-04:30 PM	10	\$95.25	SC4712-02
						Oct 17-Dec 19	Sa	10:50 AM-11:30 AM	10	\$95.25	SC4712-03
						Preschool 1 (Ages 3-5 yrs)					
						Sep 8-Oct 8	Tu/Th	04:50 PM-05:20 PM	10	\$95.25	SC4717-01
						Sep 8-Oct 8	Tu/Th	06:00 PM-06:30 PM	10	\$95.25	SC4717-02
						Sep 8-Oct 8	Tu/Th	06:50 PM-07:20 PM	10	\$95.25	SC4717-03
						Sep 8-Oct 8	Tu/Th	07:25 PM-07:55 PM	10	\$95.25	SC4717-04
						Oct 13-Dec 15	Tu	04:40 PM-05:10 PM	10	\$95.25	SC4717-05
						Oct 13-Dec 15	Tu	06:50 PM-07:20 PM	10	\$95.25	SC4717-06
						Oct 13-Dec 15	Tu	07:10 PM-07:40 PM	10	\$95.25	SC4717-07
						Oct 15-Dec 17	Th	04:40 PM-05:10 PM	10	\$95.25	SC4717-08

5-Day Lesson Sets

These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water.

LAWSON CIVIC CENTRE 225 Primrose Drive**Parent & Tot 1 (Ages 4-12 mos)**

Sep 11-Oct 9 F 10:45 AM-11:15 AM 5 \$53.50 LC4913-01

Parent & Tot 2 (Ages 12-24 mos)

Sep 11-Oct 9 F 04:30 PM-05:00 PM 5 \$53.50 LC4914-01

Parent & Tot 3 (Ages 24-36 mos)

Sep 11-Oct 9 F 10:05 AM-10:35 AM 5 \$53.50 LC4915-01

Sep 11-Oct 9 F 05:45 PM-06:15 PM 5 \$53.50 LC4915-02

Preschool 1 (Ages 3-5 yrs)

Sep 11-Oct 9 F 10:10 AM-10:40 AM 5 \$53.50 LC4916-01

Sep 11-Oct 9 F 05:40 PM-06:10 PM 5 \$53.50 LC4916-02

Preschool 2 (Ages 3-5 yrs)

Sep 11-Oct 9 F 09:35 AM-10:05 AM 5 \$53.50 LC4917-01

Sep 11-Oct 9 F 05:05 PM-05:35 PM 5 \$53.50 LC4917-02

Sep 11-Oct 9 F 05:55 PM-06:25 PM 5 \$53.50 LC4917-03

Sep 11-Oct 9 F 06:20 PM-06:50 PM 5 \$53.50 LC4917-04

Preschool 3 (Ages 3-5 yrs)

Sep 11-Oct 9 F 10:40 AM-11:10 AM 5 \$53.50 LC4918-01

Sep 11-Oct 9 F 04:30 PM-05:00 PM 5 \$53.50 LC4918-02

Preschool 4 (Ages 3-5 yrs)

Sep 11-Oct 9 F 11:20 AM-11:50 AM 5 \$53.50 LC4919-01

Sep 11-Oct 9 F 06:15 PM-06:45 PM 5 \$53.50 LC4919-02

Preschool 5 (Ages 3-5 yrs)

Sep 11-Oct 9 F 11:15 AM-11:45 AM 5 \$53.50 LC4920-01

Sep 11-Oct 9 F 05:10 PM-05:40 PM 5 \$53.50 LC4920-02

Swimmer 1 (Ages 6+)

Sep 11-Oct 9 F 05:05 PM-05:35 PM 5 \$53.50 LC4921-01

Swimmer 2 (Ages 6+)

Sep 11-Oct 9 F 04:30 PM-05:00 PM 5 \$53.50 LC4922-01

Sep 11-Oct 9 F 05:40 PM-06:10 PM 5 \$53.50 LC4922-02

Sep 11-Oct 9 F 06:30 PM-07:00 PM 5 \$53.50 LC4922-03

Swimmer 3 (Ages 6+)

Sep 11-Oct 9 F 04:35 PM-05:05 PM 5 \$53.50 LC4923-01

Swimmer 4 (Ages 6+)

Sep 11-Oct 9 F 05:05 PM-05:50 PM 5 \$62.50 LC4970-01

SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL, SWIMMER & SWIM PATROL)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
SHAW CENTRE <i>continued</i>						Oct 13-Dec 15	Tu	06:35 PM-07:05 PM	10	\$95.25	SC4747-07
Preschool 1 (Ages 3-5 yrs)						Oct 15-Dec 17	Th	04:35 PM-05:05 PM	10	\$95.25	SC4747-08
Oct 15-Dec 17	Th	06:50 PM-07:20 PM	10	\$95.25	SC4717-09	Oct 15-Dec 17	Th	05:45 PM-06:15 PM	10	\$95.25	SC4747-09
Oct 16-Dec 18	F	05:10 PM-05:40 PM	10	\$95.25	SC4717-10	Oct 15-Dec 17	Th	06:55 PM-07:25 PM	10	\$95.25	SC4747-10
Oct 16-Dec 18	F	06:15 PM-06:45 PM	10	\$95.25	SC4717-11	Oct 16-Dec 18	F	04:00 PM-04:30 PM	10	\$95.25	SC4747-11
Oct 17-Dec 19	Sa	09:00 AM-09:30 AM	10	\$95.25	SC4717-12	Oct 16-Dec 18	F	04:35 PM-05:05 PM	10	\$95.25	SC4747-12
Oct 17-Dec 19	Sa	09:50 AM-10:20 AM	10	\$95.25	SC4717-13	Oct 16-Dec 18	F	06:00 PM-06:30 PM	10	\$95.25	SC4747-13
Oct 17-Dec 19	Sa	11:30 AM-12:00 PM	10	\$95.25	SC4717-14	Oct 17-Dec 19	Sa	09:35 AM-10:05 AM	10	\$95.25	SC4747-14
Oct 17-Dec 19	Sa	11:35 AM-12:05 PM	10	\$95.25	SC4717-15	Oct 17-Dec 19	Sa	10:55 AM-11:25 AM	10	\$95.25	SC4747-15
Preschool 2 (Ages 3-5 yrs)						Swimmer 3 (Ages 6+)					
Sep 8-Oct 8	Tu/Th	05:25 PM-05:55 PM	10	\$95.25	SC4722-01	Sep 8-Oct 8	Tu/Th	05:10 PM-05:40 PM	10	\$95.25	SC4752-01
Sep 8-Oct 8	Tu/Th	05:45 PM-06:15 PM	10	\$95.25	SC4722-02	Sep 8-Oct 8	Tu/Th	07:25 PM-07:55 PM	10	\$95.25	SC4752-02
Sep 8-Oct 8	Tu/Th	06:35 PM-07:05 PM	10	\$95.25	SC4722-03	Oct 13-Dec 15	Tu	05:50 PM-06:20 PM	10	\$95.25	SC4752-03
Oct 13-Dec 15	Tu	05:15 PM-05:45 PM	10	\$95.25	SC4722-04	Oct 13-Dec 15	Tu	07:25 PM-07:55 PM	10	\$95.25	SC4752-04
Oct 13-Dec 15	Tu	06:00 PM-06:30 PM	10	\$95.25	SC4722-05	Oct 15-Dec 17	Th	05:25 PM-05:55 PM	10	\$95.25	SC4752-05
Oct 13-Dec 15	Tu	06:25 PM-06:55 PM	10	\$95.25	SC4722-06	Oct 15-Dec 17	Th	05:50 PM-06:20 PM	10	\$95.25	SC4752-06
Oct 15-Dec 17	Th	05:30 PM-06:00 PM	10	\$95.25	SC4722-07	Oct 15-Dec 17	Th	07:30 PM-08:00 PM	10	\$95.25	SC4752-07
Oct 15-Dec 17	Th	06:00 PM-06:30 PM	10	\$95.25	SC4722-08	Oct 16-Dec 18	F	04:00 PM-04:30 PM	10	\$95.25	SC4752-09
Oct 15-Dec 17	Th	06:25 PM-06:55 PM	10	\$95.25	SC4722-09	Oct 16-Dec 18	F	07:30 PM-08:00 PM	10	\$95.25	SC4752-08
Oct 16-Dec 18	F	04:00 PM-04:30 PM	10	\$95.25	SC4722-10	Oct 17-Dec 19	Sa	09:35 AM-10:05 AM	10	\$95.25	SC4752-10
Oct 16-Dec 18	F	04:35 PM-05:05 PM	10	\$95.25	SC4722-11	Oct 17-Dec 19	Sa	11:25 AM-11:55 AM	10	\$95.25	SC4752-11
Oct 16-Dec 18	F	05:45 PM-06:15 PM	10	\$95.25	SC4722-12	Swimmer 4 (Ages 6+)					
Oct 17-Dec 19	Sa	09:45 AM-10:15 AM	10	\$95.25	SC4722-13	Sep 8-Oct 8	Tu/Th	05:25 PM-06:10 PM	10	\$125.00	SC4757-01
Oct 17-Dec 19	Sa	10:15 AM-10:45 AM	10	\$95.25	SC4722-14	Oct 13-Dec 15	Tu	04:35 PM-05:20 PM	10	\$125.00	SC4757-02
Preschool 3 (Ages 3-5 yrs)						Oct 13-Dec 15	Tu	05:10 PM-05:55 PM	10	\$125.00	SC4757-03
Sep 8-Oct 8	Tu/Th	05:10 PM-05:40 PM	10	\$95.25	SC4727-01	Oct 15-Dec 17	Th	04:35 PM-05:20 PM	10	\$125.00	SC4757-04
Sep 8-Oct 8	Tu/Th	07:10 PM-07:40 PM	10	\$95.25	SC4727-02	Oct 15-Dec 17	Th	05:10 PM-05:55 PM	10	\$125.00	SC4757-05
Oct 13-Dec 15	Tu	05:25 PM-05:55 PM	10	\$95.25	SC4727-03	Oct 16-Dec 18	F	05:10 PM-05:55 PM	10	\$125.00	SC4757-06
Oct 15-Dec 17	Th	05:10 PM-05:40 PM	10	\$95.25	SC4727-04	Oct 17-Dec 19	Sa	09:00 AM-09:45 AM	10	\$125.00	SC4757-07
Oct 15-Dec 17	Th	06:35 PM-07:05 PM	10	\$95.25	SC4727-05	Oct 17-Dec 19	Sa	10:10 AM-10:55 AM	10	\$125.00	SC4757-08
Oct 16-Dec 18	F	04:35 PM-05:05 PM	10	\$95.25	SC4727-06	Swimmer 5 (Ages 6+)					
Oct 16-Dec 18	F	05:10 PM-05:40 PM	10	\$95.25	SC4727-07	Sep 8-Oct 8	Tu/Th	04:35 PM-05:20 PM	10	\$125.00	SC4762-01
Oct 17-Dec 19	Sa	10:20 AM-10:50 AM	10	\$95.25	SC4727-08	Oct 13-Dec 15	Tu	04:35 PM-05:20 PM	10	\$125.00	SC4762-02
Preschool 4 (Ages 3-5 yrs)						Oct 15-Dec 17	Th	04:40 PM-05:25 PM	10	\$125.00	SC4762-03
Sep 8-Oct 8	Tu/Th	06:20 PM-06:50 PM	10	\$95.25	SC4732-01	Oct 16-Dec 18	F	06:20 PM-07:05 PM	10	\$125.00	SC4762-04
Oct 15-Dec 17	Th	07:25 PM-07:55 PM	10	\$95.25	SC4732-02	Oct 17-Dec 19	Sa	10:10 AM-10:55 AM	10	\$125.00	SC4762-05
Oct 16-Dec 18	F	07:25 PM-07:55 PM	10	\$95.25	SC4732-03	Swimmer 6 (Ages 6+)					
Preschool 5 (Ages 3-5 yrs)						Sep 8-Oct 8	Tu/Th	06:35 PM-07:20 PM	10	\$125.00	SC4767-01
Oct 13-Dec 15	Tu	04:45 PM-05:15 PM	10	\$95.25	SC4737-01	Oct 13-Dec 15	Tu	06:00 PM-06:45 PM	10	\$125.00	SC4767-02
Oct 15-Dec 17	Th	04:35 PM-05:05 PM	10	\$95.25	SC4737-02	Oct 15-Dec 17	Th	06:00 PM-06:45 PM	10	\$125.00	SC4767-03
Oct 17-Dec 19	Sa	11:00 AM-11:30 AM	10	\$95.25	SC4737-03	Oct 16-Dec 18	F	05:45 PM-06:30 PM	10	\$125.00	SC4767-04
Swimmer 1 (Ages 6+)						Rookie Patrol (Ages 8+)					
Sep 8-Oct 8	Tu/Th	04:35 PM-05:05 PM	10	\$95.25	SC4742-01	Sep 8-Oct 8	Tu/Th	05:45 PM-06:45 PM	10	\$143.00	SC4772-01
Sep 8-Oct 8	Tu/Th	06:55 PM-07:25 PM	10	\$95.25	SC4742-02	Oct 17-Dec 19	Sa	09:10 AM-10:10 AM	10	\$143.00	SC4772-02
Sep 8-Oct 8	Tu/Th	07:25 PM-07:55 PM	10	\$95.25	SC4742-03	Ranger Patrol (Ages 8+)					
Oct 13-Dec 15	Tu	05:20 PM-05:50 PM	10	\$95.25	SC4742-04	Oct 15-Dec 17	Th	07:00 PM-08:00 PM	10	\$143.00	SC4777-01
Oct 13-Dec 15	Tu	06:30 PM-07:00 PM	10	\$95.25	SC4742-05	Oct 16-Dec 18	F	04:35 PM-05:35 PM	10	\$143.00	SC4777-02
Oct 13-Dec 15	Tu	07:10 PM-07:40 PM	10	\$95.25	SC4742-06	Star Patrol (Ages 8+)					
Oct 15-Dec 17	Th	05:15 PM-05:45 PM	10	\$95.25	SC4742-07	Oct 13-Dec 15	Tu	07:00 PM-08:00 PM	10	\$143.00	SC4782-01
Oct 15-Dec 17	Th	06:20 PM-06:50 PM	10	\$95.25	SC4742-08						
Oct 15-Dec 17	Th	06:40 PM-07:10 PM	10	\$95.25	SC4742-09						
Oct 16-Dec 18	F	04:00 PM-04:30 PM	10	\$95.25	SC4742-10	Find programs and register online at					
Oct 16-Dec 18	F	04:35 PM-05:05 PM	10	\$95.25	SC4742-11	leisureonline.saskatoon.ca					
Oct 16-Dec 18	F	05:10 PM-05:40 PM	10	\$95.25	SC4742-12						
Oct 16-Dec 18	F	06:20 PM-06:50 PM	10	\$95.25	SC4742-13						
Oct 17-Dec 19	Sa	09:10 AM-09:40 AM	10	\$95.25	SC4742-14						
Oct 17-Dec 19	Sa	10:25 AM-10:55 AM	10	\$95.25	SC4742-15						
Oct 17-Dec 19	Sa	11:00 AM-11:30 AM	10	\$95.25	SC4742-16						
Swimmer 2 (Ages 6+)											
Sep 8-Oct 8	Tu/Th	05:25 PM-05:55 PM	10	\$95.25	SC4747-01						
Sep 8-Oct 8	Tu/Th	06:15 PM-06:45 PM	10	\$95.25	SC4747-02						
Sep 8-Oct 8	Tu/Th	06:50 PM-07:20 PM	10	\$95.25	SC4747-03						
Sep 8-Oct 8	Tu/Th	07:30 PM-08:00 PM	10	\$95.25	SC4747-04						
Oct 13-Dec 15	Tu	04:35 PM-05:05 PM	10	\$95.25	SC4747-05						
Oct 13-Dec 15	Tu	06:00 PM-06:30 PM	10	\$95.25	SC4747-06						

Find programs and register online at
leisureonline.saskatoon.ca

LIFESAVING SOCIETY SWIM LESSON LISTINGS (YOUTH SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code
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Designed for beginner swimmers aged 9 to 15 with little to no swimming experience. This program teaches basic swimming skills, develops various strokes, and promotes water smart education. Build confidence and become a proficient swimmer!

LAWSON CIVIC CENTRE 225 Primrose Drive

Classes cancelled on Sep 7 & 30.

Youth Swimmer 1

Oct 13-Dec 1	Tu	06:20 PM-06:50 PM	8	\$76.25	LC4542-01
Oct 15-Dec 3	Th	06:20 PM-06:50 PM	8	\$76.25	LC4542-02

Youth Swimmer 2

Oct 13-Dec 1	Tu	06:30 PM-07:00 PM	8	\$76.25	LC4543-01
Oct 15-Dec 3	Th	06:20 PM-06:50 PM	8	\$76.25	LC4543-02

Youth Swimmer 3

Sep 2-Oct 5	M/W	06:30 PM-07:00 PM	8	\$76.25	LC4544-01
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SHAW CENTRE 122 Bowlt Crescent**Youth Swimmer 1**

Sep 8-Oct 8	Tu/Th	06:00 PM-06:30 PM	10	\$95.25	SC4534-01
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Youth Swimmer 1/2

Oct 15-Dec 17	Th	07:10 PM-07:40 PM	10	\$95.25	SC4537-01
Oct 17-Dec 19	Sa	11:35 AM-12:05 PM	10	\$95.25	SC4537-02

Youth Swimmer 2

Sep 8-Oct 8	Tu/Th	04:50 PM-05:20 PM	10	\$95.25	SC4535-01
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Youth Swimmer 3

Oct 13-Dec 15	Tu	05:25 PM-05:55 PM	10	\$95.25	SC4536-01
Oct 16-Dec 18	F	06:35 PM-07:05 PM	10	\$95.25	SC4536-02

*Did You Know?*

Personal and Group exercise training options (ages 13-18) and free community programming and events are available for youth. Visit pages 28, 29 and 30 for more information.



Find programs and register online at
leisureonline.saskatoon.ca

LIFESAVING SOCIETY SWIM LESSON LISTINGS (ADULT SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
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The Adult Swimmer Program is for beginners who may be starting out or swimmers who 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 every level.

LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Classes cancelled on Nov 17 & 19.

Adult Swimmer 1

Oct 6-Dec 1	Tu	06:55 PM-07:40 PM	8	\$125.75	LW4901-01
Oct 8-Dec 3	Th	07:05 PM-07:50 PM	8	\$125.75	LW4901-02
Oct 18-Dec 6	Su	07:55 PM-08:40 PM	8	\$125.75	LW4901-03
Dec 7-11	M-F	06:15 PM-07:00 PM	5	\$78.50	LW4947-01
Dec 7-11	M-F	07:00 PM-07:45 PM	5	\$78.50	LW4947-02
Dec 14-18	M-F	05:50 PM-06:35 PM	5	\$78.50	LW4947-03
Dec 14-18	M-F	07:20 PM-08:05 PM	5	\$78.50	LW4947-04

Adult Swimmer 2

Oct 18-Dec 6	Su	07:40 PM-08:25 PM	8	\$125.75	LW4902-01
Dec 7-11	M-F	06:55 PM-07:40 PM	5	\$78.50	LW4948-01
Dec 14-18	M-F	07:15 PM-08:00 PM	5	\$78.50	LW4948-02

LAWSON CIVIC CENTRE 225 Primrose Drive**Adult Swimmer 1**

Sep 11-Oct 9	F	11:55 AM-12:40 PM	5	\$78.50	LC4947-01
Sep 11-Oct 9	F	06:15 PM-07:00 PM	5	\$78.50	LC4947-02
Oct 13-Dec 1	Tu	06:15 PM-07:00 PM	8	\$125.75	LC4901-01
Oct 15-Dec 3	Th	11:20 AM-12:05 PM	8	\$125.75	LC4901-02
Oct 16-Dec 4	F	11:55 AM-12:40 PM	8	\$125.75	LC4901-03

Adult Swimmer 2

Oct 13-Dec 1	Tu	06:15 PM-07:00 PM	8	\$125.75	LC4902-01
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SHAW CENTRE 122 Bowlt Crescent**Adult Swimmer 1**

Oct 13-Dec 15	Tu	07:05 PM-07:50 PM	10	\$157.25	SC4907-01
Oct 17-Dec 19	Sa	11:00 AM-11:45 AM	10	\$157.25	SC4907-02

Adult Swimmer 2

Oct 15-Dec 17	Th	07:15 PM-08:00 PM	10	\$157.25	SC4909-01
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LIFESAVING SOCIETY SWIM LESSONS

PROGRAMS & ACTIVITIES

ADDITIONAL SWIM LESSON OPTIONS

*Note: registration for Private & Semi-Private swim lessons and Multi-level Swim Lessons for Families will open on **Monday, August 17.***

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 and Lawson Civic Centre. Call any facility for more information or to register.

Youth 1 session \$41.00 • 3 sessions \$119.75 • 5 sessions \$195.50

Adult 1 session \$45.50 • 3 sessions \$129.50 • 5 sessions \$211.50

Semi-Private Swim Lessons

Groups of two receive personalized instruction in semi-private swim lessons. Available at Lakewood Civic Centre and Lawson Civic Centre. Call any facility for more information or to register. All sessions are half-hour; prices are per person.

Youth 1 session \$30.75 • 3 sessions \$87.75 • 5 sessions \$143.00

Adult 1 session \$35.75 • 3 sessions \$101.25 • 5 sessions \$164.75

Timesaving swim lesson options are available!

Multi-Level Swim Lessons for Families

Designed for families with more than one child seeking Lifesaving Society swim lessons; this option accommodates multiple swim levels within a single class. Available at Lawson Civic Centre. Refer to page 23 for more information.

5-Day Lesson Sets

These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water. Available at Lakewood Civic Centre and Lawson Civic Centre. Refer to pages 21 and 24 for more information.

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

Oct 20-Dec 8	Tu	04:15 PM-04:45 PM	\$78.75	AC4352-01
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Cosmo Arena

Oct 21-Dec 16*	W	04:15 PM-04:45 PM	\$78.75	CA4352-01
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Oct 22-Dec 10	Th	04:15 PM-04:45 PM	\$78.75	CA4352-02
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*Cancelled Nov 11.

Parent & Tot Learn to Skate

3-5 yrs. Kids will have fun learning how to skate with their parent or guardian helping along the way. Instructors are on the ice to teach the basic fundamentals of skating. One parent or guardian must be on the ice at all times with their child. Each participant must bring their own skates and helmet; without these they will not be allowed on the ice.

Lions Arena

Oct 19-Dec 7	M	04:15 PM-04:45 PM	\$78.75	LI4343-01
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MINI MOVERS PROGRAMS

2-3 yrs. Toddlers will develop fundamental movement skills through games, and activities in these fun, instructor-led programs. Participants need to have indoor running shoes and a water bottle. Parent/Guardian participation is encouraged.

Mini Movers Active Games

Toddlers will develop fundamental movement skills while playing games and having fun.

Lakewood Civic Centre

Sep 12-Oct 17	Sa	10:15 AM-11:00 AM	\$48.25	LW4402-01
Nov 7-Dec 5	Sa	09:15 AM-10:00 AM	\$48.25	LW4402-02
Nov 8-Dec 6	Su	10:15 AM-11:00 AM	\$48.25	LW4402-03

Lawson Civic Centre

Sep 20-Oct 25*	Su	01:30 PM-02:15 PM	\$48.25	LC4402-01
Nov 1-29	Su	02:30 PM-03:15 PM	\$48.25	LC4402-02

Shaw Centre

Sep 19-Oct 24**	Sa	09:15 AM-10:00 AM	\$48.25	SC4402-01
Oct 31-Nov 28	Sa	09:15 AM-10:00 AM	\$48.25	SC4402-02

*Cancelled Oct 11. **Cancelled Oct 10.

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

Sep 12-Oct 17	Sa	09:15 AM-10:00 AM	\$49.00	LW4364-01
Sep 13-Oct 18	Su	10:15 AM-11:00 AM	\$49.00	LW4364-02
Nov 7-Dec 5	Sa	10:15 AM-11:00 AM	\$49.00	LW4364-03
Nov 8-Dec 6	Su	11:15 AM-12:00 PM	\$49.00	LW4364-04

Lawson Civic Centre

Sep 20-Oct 25*	Su	03:30 PM-04:15 PM	\$49.00	LC4364-01
Nov 1-29	Su	01:30 PM-02:15 PM	\$49.00	LC4364-02

*Cancelled Oct 11.

Lil' MOVERS PROGRAMS

3-5 yrs. Run, hop, throw and roll! Children will develop fundamental movement skills through games and activities in these fun, instructor-led programs. Participants need to have indoor running shoes and a water bottle.

Lil' Movers Swim & Play

Children will participate in a story time before entering the water for games and activities.

Lawson Civic Centre

Sep 2-Oct 5*	M/W	11:50 AM-12:35 PM	\$80.50	LC4176-01
Sep 13-Nov 8**	Su	04:40 PM-05:25 PM	\$80.50	LC4176-02
Oct 15-Dec 3	Th	11:10 AM-11:55 AM	\$80.50	LC4176-03
Oct 19-Dec 7	M	11:55 AM-12:40 PM	\$80.50	LC4176-04

*Cancelled Sep 7 & 30. **Cancelled Oct 11.

Lil' Movers Active Games

Children will develop fundamental movement skills while playing games and having fun.

Lakewood Civic Centre

Sep 13-Oct 18	Su	11:15 AM-12:00 PM	\$48.25	LW4401-01
Nov 7-Dec 5	Sa	11:15 AM-12:00 PM	\$48.25	LW4401-02

Lawson Civic Centre

Sep 20-Oct 25*	Su	02:30 PM-03:15 PM	\$48.25	LC4401-01
Nov 1-29	Su	03:30 PM-04:15 PM	\$48.25	LC4401-02

Shaw Centre

Sep 19-Oct 24**	Sa	10:15 AM-11:00 AM	\$48.25	SC4401-01
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*Cancelled Oct 11. **Cancelled Oct 10.

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.

Girls in Motion

Half-day event to inspire youth ages 10-14 to live healthy, active lives. Physical activities facilitated by qualified instructors. Snacks provided.

Cosmo Civic Centre

Nov 13	F	01:00 PM-04:00 PM	FREE	CD4314-01
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Taking to the Court

Half-day event for youth ages 10 to 14 to get active and learn and practice a mix of sports. Snacks provided.

Cosmo Civic Centre

Nov 13	F	09:00 AM-12:00 PM	FREE	CD4366-01
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Movies in the Gym

Fill your afternoon with laughter and come enjoy a free movie with popcorn and refreshments on the big screen. It's a great way to spend time with your friends and family on the next day off school. Watch for movie listings being announced on dropinschedule.saskatoon.ca. Lawn chairs, pillows, and blankets welcome, however, there will be chairs provided. Please refrain from bringing outside food and beverages. Drop-in; pre-registration is not required.

Cosmo Civic Centre

Oct 16	F	06:00 PM-08:30 PM	FREE	
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Crafted, Created and On the Move

10-14 yrs. This dynamic program is designed to empower youth to stay active, ignite their creativity and discover new skills. Participants will explore ways to grow, connect and have fun through an exciting blend of movement, artistic expression and playful activities.

Cosmo Civic Centre

Pumpkin Painting Party	Oct 25	Su	01:00 PM-03:00 PM	FREE	CD4660-02
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**Drop N' Shop**

6-12 yrs. This holiday season entrust your children with certified leaders who will supervise child-friendly activities including arts and crafts, giving you the opportunity to get away and get your shopping done!

Lawson Civic Centre

Nov 28	Sa	01:00 PM-04:00 PM	FREE	CD4627-01
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Cosmo Civic Centre

Dec 12	Sa	01:00 PM-04:00 PM	FREE	CD4627-03
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Lakewood Civic Centre

Dec 5	Sa	01:00 PM-04:00 PM	FREE	CD4627-02
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Mè Ta Wè Tàn Programs

Experience Mè Ta Wè Tàn – free programs for all ages that celebrate Indigenous traditions through sport, culture and recreation. Whether you want to learn something new, connect with community or stay active in a welcoming space, there's something for everyone. New programs are added throughout the year. Visit saskatoon.ca/metawetan or call 306-975-3378 for program opportunities.

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 five to six times a year and you can unsubscribe at any time.



CHILDREN'S RECREATION PROGRAMS

PROGRAMS & ACTIVITIES



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).

ACT Arena				
Oct 20-Dec 8	Tu	04:00 PM-04:45 PM	\$102.00	AC4305-01
Cosmo Arena				
Oct 21-Dec 16*	W	04:00 PM-04:45 PM	\$102.00	CA4305-01
Oct 22-Dec 10	Th	04:00 PM-04:45 PM	\$102.00	CA4305-02
Lions Arena				
Oct 19-Dec 7	M	04:00 PM-04:45 PM	\$102.00	LI4305-01

*Cancelled Nov 11.

CHILDREN SPORT

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

Oct 25-Nov 22	Su	09:15 AM-10:15 AM	\$68.00	FH4313-01
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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

Oct 25-Nov 22	Su	10:30 AM-11:30 AM	\$68.00	FH4367-01
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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

Sep 12-Oct 17	Sa	11:15 AM-12:15 PM	\$61.75	LW4363-01
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Shaw Centre

Oct 31-Nov 28	Sa	10:15 AM-11:15 AM	\$61.75	SC4363-01
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YOUTH RECREATION PROGRAMS

PROGRAMS & ACTIVITIES

YOUTH PERSONAL & GROUP EXERCISE TRAINING

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	\$142.75
Lakewood Civic Centre	LW4349-01
Lawson Civic Centre	LC4349-01
Saskatoon Field House	FH4349-01
Shaw Centre	SC4349-01

Youth Weight Room Card Session

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. In this session the trainer will emphasize safety and ensure that you also learn proper weight room etiquette. After the session you will receive a Youth Weight Room Card that allows you to use the weight room without supervision.

1-hour session	\$42.75
Lakewood Civic Centre	LW4381-01
Lawson Civic Centre	LC4381-01
Saskatoon Field House	FH4381-01
Shaw Centre	SC4381-01

Did You Know?

Youth Swimmer Swim Lessons are available for youth ages 9-15 years. For more information visit pages 18 and 26.



Youth Introduction to Weight Room Training

13-18 yrs. A Certified Personal Trainer will guide 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, biomechanics, lifting technique and weight room etiquette. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

Lakewood Civic Centre

Sep 12-26	Sa	02:30 PM-03:30 PM	\$53.75	LW4658-01
Oct 17-31	Sa	02:30 PM-03:30 PM	\$53.75	LW4658-02

Shaw Centre

Sep 15-29	Tu	04:00 PM-05:00 PM	\$53.75	SC4658-01
Nov 10-24	Tu	04:00 PM-05:00 PM	\$53.75	SC4658-02

PROGRAMS & ACTIVITIES

YOUTH RECREATION PROGRAMS

Youth Small Group Training

13-18 yrs. A Certified Personal Trainer will guide you through a small group (up to six people) exercise program with your peers. A fun and challenging approach to getting stronger will keep you motivated and involved. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

Saskatoon Field House

Oct 3-24	Sa	12:00 PM-12:45 PM	\$85.00	FH4522-01
Shaw Centre				
Oct 13-Nov 5	Tu/Th	04:00 PM-04:45 PM	\$168.00	SC4652-01

New! Youth Dryland Training Club

13-16 yrs. A supportive, beginner-friendly fitness program for teens. These sessions will help teens build confidence and learn foundational strength, mobility, balance and coordination through safe, supervised dryland training. Perfect for those with little to no athletic background.

Saskatoon Field House

Sep 13-Nov 8	Su	03:15 PM-04:15 PM	\$126.00	FH4406-01
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New! Youth Sport Team Training

Take your team's performance to the next level with sport-specific training delivered by Certified Personal Trainers. This dedicated team program supports athletes at every stage of their season, helping them build strength, conditioning and essential skills. Each one-hour session blends focused training with a fun, team-oriented environment. Available to sports teams, youth groups and clubs ages 13-18. For more information call 306-975-7808.

8 sessions

\$1008.00

Saskatoon Field House

FH4407-01

New! Youth Introduction to Pickleball

13-17 yrs. 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.

Saskatoon Field House

Oct 14-28	W	07:00 PM-08:00 PM	\$39.00	FH4405-01
Nov 7-21	Sa	01:00 PM-02:00 PM	\$39.00	FH4405-02

PROGRAMS & ACTIVITIES

ADULT RECREATION PROGRAMS

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

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

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
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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
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Learn to Group Cycle

Don't let the weather stop you from cycling. An indoor ride can be just as thrilling as outdoors when you are taught how to pace, visualize and ride as a team. Hills, drills, core and technique are all part of the class.

Shaw Centre

Sep 20-Oct 4	Su	09:15 AM-10:15 AM	\$15.00	SC4333-01
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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

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

ADULT PERSONAL & GROUP EXERCISE TRAINING

Personal Training

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

3 Sessions

\$179.75

Lakewood Civic Centre

LW4346-01

Lawson Civic Centre

LC4346-01

Saskatoon Field House

FH4346-01

Shaw Centre

SC34346-01

Adult Introduction to Weight Room Training

A Certified Personal Trainer will guide 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, biomechanics and lifting techniques.

Saskatoon Field House

Sep 8-22 Tu 07:00 PM-08:00 PM \$53.75 FH4655-01

Shaw Centre

Sep 19-Oct 3 Sa 01:00 PM-02:00 PM \$53.75 SC4655-01

Adult Small Group Training

A Certified Personal Trainer will guide you through a small group (up to six people) exercise program tailored to all fitness levels with a progressive approach to maintain motivation and improvement. The introduction of new exercises will keep the routine engaging, dynamic and fun.

Saskatoon Field House

Sep 14-Nov 9 M 07:00 PM-07:45 PM \$168.00 FH4653-01

Shaw Centre

Oct 17-Dec 5 Sa 09:30 AM-10:15 AM \$168.00 SC4653-01

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'

Take in and enjoy the many benefits of pole walking during this friendly, social, fitness program. The instructor will lead you through an hour-long session incorporating pole walking, strength and stretch components. Poles are provided and are optional during this program.

Lakewood Civic Centre

Sep 1-Oct 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

Baby 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 Baby and 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 six weeks postpartum (8+ weeks for caesarean).

Saskatoon Field House

Sep 15-Oct 8 Tu/Th 10:45 AM-11:30 AM \$61.75 FH4338-01

Oct 20-Nov 12 Tu/Th 10:45 AM-11:30 AM \$61.75 FH4338-02

Find Your Fit

Find your *Fit* at the City of Saskatoon Leisure Centres!

Everyone is welcome to join us for this 90-minute come and go session to learn about the Drop-in and Registered fitness and aquatic programs, personal training and flexible admission options as well as tour the facility to see the unique amenities. 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.

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

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

FREE!

Child Minding

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

See page 10 or visit dropinschedule.saskatoon.ca for hours.

Baby 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

Oct 5-Nov 2	M/W	10:45 AM-11:30 AM	\$61.75	FH4339-01
Nov 9-Dec 2	M/W	10:45 AM-11:30 AM	\$61.75	FH4339-02

New! Baby and Me Fitness Yoga

Discover a nurturing space where caregivers and babies can bond and move together. This gentle yoga class blends mindful movement with connections supporting physical and emotional well-being for both you and your little one. Meet other new parents, share experiences and enjoy a moment of calm in a welcoming community.

Lawson Civic Centre

Oct 19-Dec 7	M	01:30 PM-02:15 PM	\$61.75	LC4573-01
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Shaw Centre

Sep 8-Oct 13	Tu	09:45 AM-10:30 AM	\$46.75	SC4572-01
Oct 20-Dec 15*	Tu	09:45 AM-10:30 AM	\$61.75	SC4573-01

*Cancelled Nov 24.



Baby & Me Aqua Fitness

Enjoy a 45-minute workout in the water while your baby floats in a seat alongside. Open to all parents and caregivers. It is recommended babies be between the ages of 6 to 18 months.

Lawson Civic Centre

Sep 15-Oct 20	Tu	10:50 AM-11:35 AM	\$70.25	LC4562-01
Sep 17-Oct 22	Th	10:50 AM-11:35 AM	\$70.25	LC4562-02
Oct 27-Dec 1	Tu	10:50 AM-11:35 AM	\$70.25	LC4562-03
Oct 29-Dec 3	Th	10:50 AM-11:35 AM	\$70.25	LC4562-04

Shaw Centre

Sep 9-Oct 21*	W	09:45 AM-10:30 AM	\$70.25	SC4562-02
Sep 14-Oct 26**	M	09:45 AM-10:30 AM	\$70.25	SC4562-01
Oct 28-Dec 9***	W	09:45 AM-10:30 AM	\$70.25	SC4562-03
Nov 2-Dec 7	M	09:45 AM-10:30 AM	\$70.25	SC4562-04

*Cancelled Sep 30. **Cancelled Oct 12. ***Cancelled Nov 11.

RECREATION

New! Indigenous Beading Basics

19 yrs +. Explore the history and cultural teachings of Indigenous beading while creating your own project. Guided step by step, you'll craft a unique piece to take home. All materials included.

Cosmo Civic Centre

Sep 9-23	W	07:00 PM-08:30 PM	\$75.00	CC4664-01
Oct 14-28	W	07:00 PM-08:30 PM	\$75.00	CC4664-02

Give the Gift of Fun!

Gift Cards Leisure Gift Cards are available in any amount and perfect for all ages.

Good for use at the Leisure Centres, Outdoor Pools, Golf Courses, Saskatoon Forestry Farm Park & Zoo, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

Available for purchase at any Leisure Centre, Holiday Park Golf Course or Saskatoon Forestry Park & Zoo administration office.

Bulk Tickets Buy 10 general admissions at a discounted price! Split up or give as a pack. Bulk Tickets never expire and are available for Leisure Centres and Outdoor Pools.

LEISURE CENTRES
saskatoon.ca/admissions



Find programs and register online at
leisureonline.saskatoon.ca

SPECIALIZED WELLNESS PROGRAMS

PROGRAMS & ACTIVITIES



The First Step Program™

This 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.

Saskatoon Field House

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

*A graduate program is available after completion for continued support 3 times/week.

** Exercise sessions start small and progress to 60+ minutes.

The First Step Program™ is provided in partnership with the City of Saskatoon 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, call 1-800-263-3367, email mindsinmotion@alzheimer.sk.ca, or visit alzheimer.ca/sk. Registrations are accepted by phone only beginning Monday, August 17, 2026. To register call Saskatoon Field House at 306-975-3354.

Saskatoon Field House

Oct 6-Dec 8 Tu 01:30 PM-03:30 PM \$40.00 FH4510-01

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

Tu, Th 01:15 PM-02:45 PM

Parkinson's Exercise

M, W, F 02:45 PM-03:45 PM

TRAINING & CERTIFICATION PROGRAMS

PROGRAMS & ACTIVITIES

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-C and AED Course

Learn Standard First Aid, CPR and AED skills in this certification course.

100% attendance is mandatory.

Cosmo Civic Centre

Oct 17 & 18 Sa/Su 09:00 AM-05:30 PM \$171.50 CC4609-01

Nov 21 & 22 Sa/Su 09:00 AM-05:30 PM \$171.50 CC4609-02

Red Cross Standard First Aid & CPR-C 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

Sep 20 Su 09:00 AM-05:30 PM \$101.75 CC4610-01

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 \$46.44 (applicable taxes included), which is also required for Bronze Medallion and Bronze Cross. 100% attendance is mandatory.

Lakewood Civic Centre

Dec 14-18 M-F 04:30 PM-07:00 PM \$146.75 LW4605-01

*Learn more about the steps to
Become a Lifeguard on page 34.*

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 \$46.44 (applicable taxes included). 100% attendance is mandatory.

Lawson Civic Centre

Sep 13-Oct 11 Su 05:00 PM-09:00 PM \$192.75 LC4604-01



Find programs and register online at
leisureonline.saskatoon.ca



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 306-975-2944.

* 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
 - 4 LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)
Pre-requisites: 15 years old, Standard First Aid & CPR "C" or Aquatic Emergency Care, Lifesaving Bronze Cross
- LIFESAVING SOCIETY COMBINED SWIM FOR LIFE & LIFESAVING INSTRUCTOR PROGRAM
Pre-requisites: 15 years old, Lifesaving Society Bronze Cross Award (need not be current)

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 \$46.44 (applicable taxes included). 100% attendance is mandatory.

Lawson Civic Centre

Oct 18-Nov 15 Su 04:30 PM-09:00 PM \$192.75 LC4603-01

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 \$57.50 (applicable taxes included). 100% attendance is mandatory.

Shaw Centre

Sep 25 & Oct 2 F 05:30 PM-09:30 PM \$294.50 SC4606-01
Sep 26 & Oct 3 Sa 09:00 AM-06:30 PM
Sep 27 & Oct 4 Su 09:00 AM-06:30 PM

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

Sep 13 Su 09:00 AM-01:00 PM \$94.75 SC4607-01

Combined Lifesaving Society Lifesaving Instructor Course

Pre-requisite: 15 yrs+ 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, Youth 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 \$124.20 (applicable taxes included).

*Mentorship required to become Examiner

Shaw Centre

Sep 11 & 18 F 05:00 PM-09:00 PM \$455.25 SC4601-01
Sep 12 & 19 Sa 09:00 AM-06:30 PM
Sep 13 & 20 Su 09:00 AM-06:30 PM



Find programs and register online at
leisureonline.saskatoon.ca



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

Virtual Session

Sep 2 W 06:00 PM-07:30 PM FREE VT4318-01

SPRA Exercise Theory Course

16 yrs+. This 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 \$79.80 (applicable taxes included).

Cosmo Civic Centre

Sep 16 & 23*	W	06:00 PM-09:00 PM	\$346.50	CC4613-01
Sep 26 & Oct 3	Sa	09:00 AM-05:00 PM		
Sep 29*	Tu	06:00 PM-09:00 PM		

*Virtual sessions

SPRA Aquatic Exercise Course

16 yrs+. Pre-requisite: SPRA Exercise Theory Module. This 20-hour course will increase your knowledge and confidence level in leading a group exercise class in the water. 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 course start date. Practical exam fee of \$50 is not included in registration fee and is payable on exam day. Fee does not include manual cost of \$69.30 (applicable taxes included).

Lawson Civic Centre

Nov 18 & 25*	W	05:00 PM-08:00 PM	\$299.50	LC4624-01
Nov 21	Sa	10:00 AM-05:30 PM		
Nov 28	Sa	09:00 AM-05:30 PM		

*Virtual sessions

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 \$70.35 (applicable taxes included).

Saskatoon Field House

Oct 16	F	05:00 PM-09:00 PM	\$242.00	FH4614-01
Oct 17	Sa	09:00 AM-05:00 PM		

SPRA Group Cycle Specialty Course

16 yrs+. Pre-requisite: SPRA Group Exercise Fundamentals Course. This 8-hour practical-based course covers specific information for leading indoor group cycling classes. Fee does not include manual cost of \$30.45 (applicable taxes included).

Saskatoon Field House

Oct 21 & 23	W/F	05:00 PM-09:00 PM	\$140.75	FH4629-01
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SPRA Pre/Post Natal Training Course

16yrs+. Pre-requisite: SPRA Group Exercise and/or Aquatic Exercise Leader or equivalent certification. This six-hour course is designed to expand the scope of practice and insurance coverage for SPRA-certified Group Exercise and Aquatic Exercise Fitness Leaders. Participants will learn exercise considerations, contraindications and foundational principles to support the safe instruction of pregnant and postnatal participants in group fitness settings. The course explores physiological changes during pregnancy and postpartum, and how these changes affect participation in exercise classes. Fee does not include manual cost of \$46.20 (applicable taxes included).

Virtual Sessions

Nov 3-17	Tu	07:00 PM-09:00 PM	\$127.00	FH4614-01
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Note: SPRA Exercise for Older Adults, Step and Choreography Specialty, Fitness Yoga Specialty and Total Body Conditioning Specialty Courses will be offered in upcoming seasons. Watch for more details!

EMPLOYMENT OPPORTUNITIES

Qualified Instructors Wanted

The City of Saskatoon maintains a registry which is used to place paid instructors with the Leisure Centres and local Community Associations for recreation, art and cultural programming. If you are interested in being placed in the registry, contact instructors@saskatoon.ca or call 306-975-3378.

SEASONAL FUN!

Fall into fun!

No need to head inside as the weather cools down. Saskatoon has great programs and amenities for all ages and interests. Get the whole family out to a rink for a fun-filled afternoon, sign the kids up for a great edZOOcational program or simply get out and play with your dog. Fall is a great time to get out and get active.

SEASONAL FUN!

ICE SKATING

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. Wi-Fi is available at all locations.

For more information on public skating and Parent and Tot times visit dropinschedule.saskatoon.ca. For more information on Learn-to-Skate programs refer to pages 27 and 29.

ACT Arena

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

Archibald Arena

1410 Windsor Street • 306-975-3313 • Opens Nov 2

Cosmo Arena

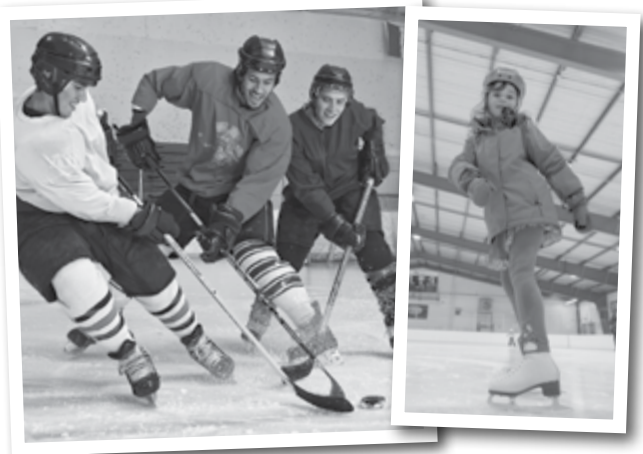
3130 Laurier Drive • 306-975-3370 • Opens TBD

Lions Arena

2205 McEown Avenue • 306-975-3306 • Opens Oct 1

Gordie Howe Kinsmen Arena (available for rentals starting Sep 14)

1405 Avenue P South • 306-975-3310



PUBLIC SKATING GENERAL ADMISSION Prices include applicable taxes.

Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family*	Parent & Tot
\$7.50	\$5.25	FREE	\$15.00	FREE

Cash, Debit, Credit, 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.

ICE SKATING

SEASONAL FUN!

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 11:00 AM-05:00 PM & 07:30 PM-08:30 PM

Saturday & Sunday 11:00 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 40-45 or check your Community Association's website or Facebook page for up-to-date schedule information.



CROSS COUNTRY SKIING

SEASONAL FUN!



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. Saskatoon Nordic Ski Club offers lessons for all ages at Holiday Park Golf Course/Gordie Howe Sports Complex. For more information visit their website at saskatoonnordicski.ca.

Did you know? Some Community Associations sponsor the placement and grooming of ski trails in neighbourhood parks across the city. Visit saskatoon.ca/ski for locations.

DOG PARKS

SEASONAL FUN!



Dog parks are naturalized spaces where dogs are permitted to be off-leash while under the control of their owner. Ensure your dog remains on a leash until in the Dog Park and don't forget to pick up your dog's poop and drop in available waste containers. Find a dog park near you on pages 4-5 or visit saskatoon.ca/dogparks.

DOG PARKS FOR SMALL DOGS Dedicated off-leash areas for small dogs are available at Charlottetown and Hyde Dog Parks. Dogs must be under 40 cm (16") at the shoulder and less than 9 kg (20 lbs). Visit saskatoon.ca/dogparks for more information.

SUBSIDIZED SPRAY AND NEUTER PROGRAM (SSNP) Financial resources are available to assist low-income pet owners to get their pets spayed or neutered. Visit saskatoon.ca/ssnp for more information.

PET LICENSE A valid Pet License is required to access any dog park. Visit saskatoon.ca/petlicensing to learn about the many benefits of Pet Licensing or to purchase or renew your annual license online.

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

Until Sep 7 09:00 AM-05:00 PM
 Sep 8-Dec 31 10:00 AM-04:00 PM

PARK HOURS

Until Sep 7 07:30 AM-09:00 PM
 Sep 8-30 07:30 AM-07:00 PM
 Oct 1-Dec 31 07:30 PM-04:30 PM



Saskatoon Forestry Farm Park & Zoo is closed on Dec 25. Hours of operation are subject to change, visit saskatoon.ca/zoo for the latest updates.

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

ZOO ADMISSION RATES Prices include applicable taxes.

	Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family**
Daily Admission	\$17.00	\$10.25	FREE	\$34.00
Season Pass	\$70.00	\$42.00	FREE	\$140.00
Winter Admission*	\$7.00	\$4.25	FREE	\$14.00

Group Rates available for eight or more people (\$1.00 off each individual daily admission rate).

* Winter admission rates effective Nov 1, 2026.

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

PARKING FEE	Daily	\$5.00/vehicle
(Until September 8)	Season Pass	\$20.00

60% of parking fee supports redevelopment projects at the Zoo.

Who's at the Zoo?

Meet our axolotl, Gila monsters, grizzly bears, bald eagles and more. Learn about the wild and wonderful animals that call the Zoo home.

Forestry Farm Park

Discover carefully crafted garden spaces, picnic sites, fishing pond, walking trails, a naturally-themed playground and so much more at the Forestry Farm Park. Whether your visit is lively and exciting or quietly reflective, the experience is sure to be a memorable one.

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.

Saskatoon Zoo Foundation

The Saskatoon Zoo Foundation raises funds for capital projects and improvements within the Zoo while connecting citizens to nature. Help us build the bears a new home and donate today at saskatoonzoofoundation.ca.

The BHP Enchanted Forest Holiday Light Tour runs Nov 15-Jan 3.

Saskatchewan Blue Cross Walk Nights will be held Nov 13 & Nov 14.

**EdZOocational Opportunities**

The Saskatoon Zoo Society offers a variety of curriculum-based education programs for all ages—both in person and online! Programs are available for school groups, preschools, homeschoolers, senior groups and more.

Visit saskatoonzoosociety.ca for a full list of programs and events, or to book your next birthday party. For more information call 306-975-3395.

Pond Dipping (all ages)

Aug 1-Sep 7	M-Su	10:30 AM-12:30 PM	FREE*
Aug 1-Sep 7	M-Su	01:30 PM-03:30 PM	FREE*

*With Zoo admission.

ZOOventures (all ages)

Hands-on Zoo tours that go beyond the glass! Plus, you'll get to meet one of the Zoo's animal ambassadors.

Meer-Quill Experience	Aug 1-30	Sa/Su	11:15 AM-12:15 PM	\$20*
Kunekune For Pig's Sake	Aug 1-30	Sa	01:15 PM-02:15 PM	\$20*
Caribou-t the Wild	Aug 1-30	Su	01:15 PM-02:15 PM	\$20*
Un-bear-lievable Bears	Aug 1-30	Sa/Su	03:00 PM-04:00 PM	\$20*

*With Zoo admission/\$15 for Saskatoon Zoo Society members. Children under 2 admitted free.

Young Naturalists Programs (5-11 yrs)

Register at saskatoonnaturekids@gmail.com.

August Butterfly Field Trip	Aug 5	01:00 PM
Sandhill Cranes Field Trip	Oct 3	TBD

Zoo Crew PD Days (5-12 yrs)

Additional dates will be added at saskatoonzoosociety.ca.

Sep 30	W	09:00 AM-04:00 PM	\$60
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Halloween Howl Zoo Run – Oct 24

We're bringing back our Zoo Run for our 50th year in a fun way!
 More details at saskatoonzoosociety.ca or on social media!

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.



RENTAL OPTIONS

FIND YOUR SPACE!

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.

INDOOR LEISURE CENTRES

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

Cosmo Civic Centre • 306-975-3344

Lakewood Civic Centre • 306-975-2945

Lawson Civic Centre • 306-975-2951

Saskatoon Field House • 306-975-3354

Shaw Centre • 306-975-7772

*Harry Bailey Aquatic Centre**

** Harry Bailey Aquatic Centre is closed for facility upgrades.*

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.*

CANCELLATION POLICY

A cancellation request must be made in writing to facilitybookings@saskatoon.ca **seven days prior to the event** in order to have deposits and rental fees refunded. Cancellations less than seven days prior to the booking will result in forfeiture of the deposit and rental fees.

Hourly Rentals (*All rates effective September 1, 2026 to August 31, 2027; GST extra)

RENTAL SPACE	HOURLY FEE*	CCC	LWC	LCC	HBC	SFH	SCC
Small Meeting Room	\$27.50	●	●		●	●	●
Large Meeting Room	\$37.50	●					●
Multi-Purpose Room	\$37.50	●	●	●		●	●
Theatre	\$37.50	●					
Fitness / Dance Studio	\$37.50	●				●	
Gymnasium	\$61.80	●	●				●
Competitive Pool	\$313.00				Diving Boards 8 Lanes		Diving Boards 50m, 10 Lanes
Leisure Pool	\$175.10		Waterslide 25m, 4 Lanes	Wave Pool 25m, 4 Lanes	25m, 6 Lanes		
Warm Up Pool	\$128.80						25m, 6 Lanes
Family Pool	\$128.80						Waterslide & Watertoys
Indoor Track	\$167.20 \$83.60					200m 6 Lanes	165m 3 Lanes
Sports Court	\$41.80					●	
Racquetball / Wallyball Court	\$37.50	●					
Track Warm-Up Area	\$47.80					●	

Additional charges are added to after hours rentals. Inquire for details.

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

Park & River Landing Event Space

- Community Portable Stage
- Park & River Landing Event Space
- Vimy Memorial Band Shell

Contact the Special Events Office at 306-975-3019 or specialevents@saskatoon.ca to book a special event.

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. Contact the Allocations Office at 306-975-3366 or allocations@saskatoon.ca for bookings.

Attractions

- Nutrien Playland at Kinsmen Park
(call 306-975-2951 for information)
- Saskatoon Forestry Farm Park & Zoo
(call 306-975-3382 for information)

Outdoor Pools

George Ward, Lathey, Mayfair and Riversdale outdoor pools are available for school bookings and private events.

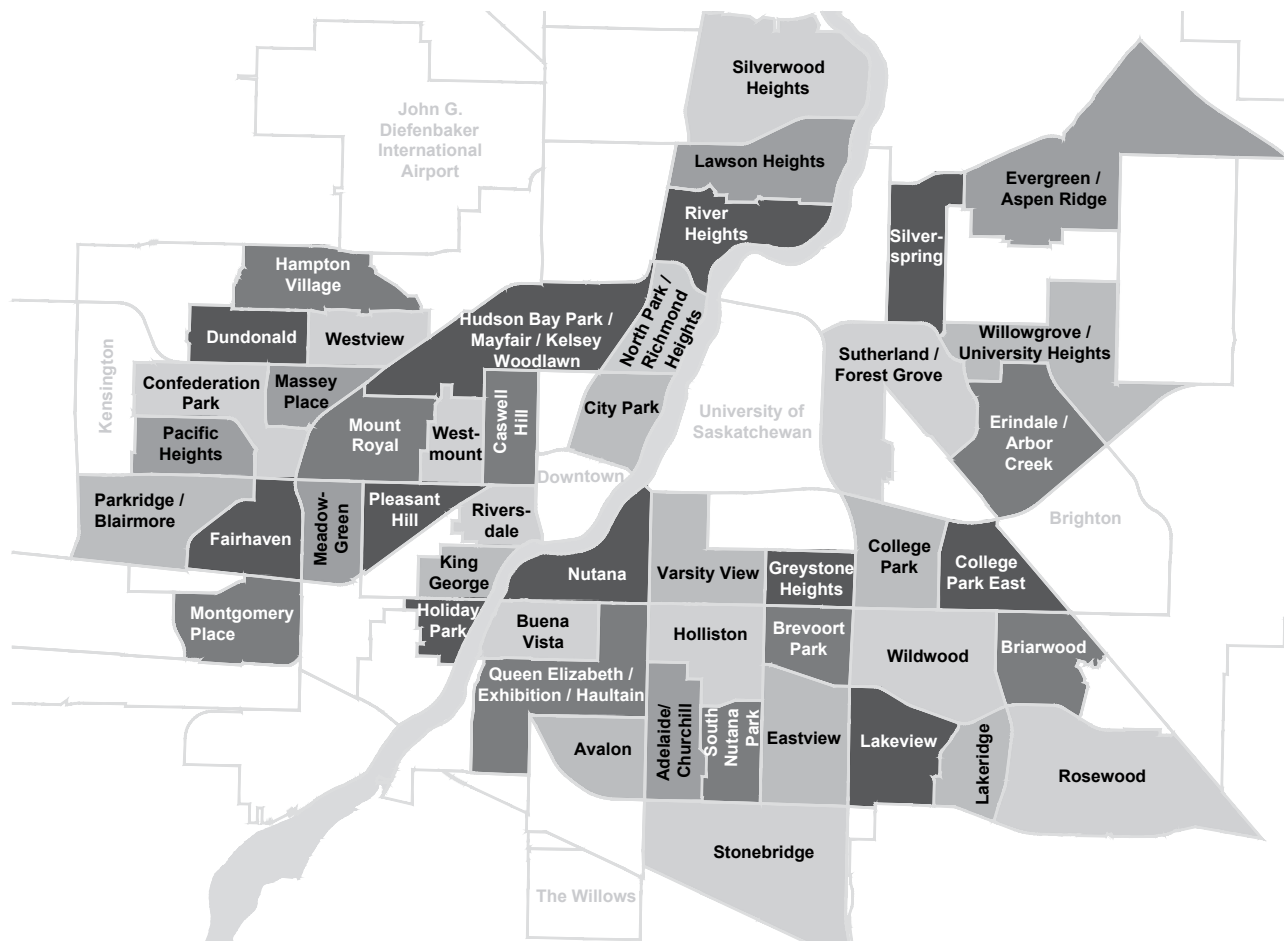
Private Rentals: Pre-season applications to rent the outdoor pools are processed during April and May. To make your reservation, call 306-975-2944. Once pools are open, contact the facility directly for applications which are processed on a first-come, first-serve basis.

School Group Rentals: Each outdoor pool has a maximum capacity, therefore schools must book ahead by calling 306-975-2944 or email jointusebookings@saskatoon.ca.

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 over 50 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.mypacca.ca
Email: info@adelaidchurchill.ca
Facebook: www.facebook.com/adelaidparkchurchillcommunityassociation
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: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

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: ADULT: Pickleball • Line Dancing • Muscle Sculpt • Yoga • YOUTH: SMBA Basketball • CHILDREN: Abstract Art • SMBA Basketball • SYSI Soccer • PARENT & CHILD: Open Gym

BRIARWOOD

Online registration: See website/Facebook for details
Annual membership: \$15 per household
Web: www.briarwoodca.com
Email: briarwoodipc@gmail.com
Facebook: www.facebook.com/Briarwood-Community-Association-Saskatoon-1660240454205476/
Outdoor Rink(s): Briarwood Park, 602 Briarwood Road
Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

BUENA VISTA

Online registration: See website/Facebook for details
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 • Pickleball • Boot Camp • Social Dance • Book Club • Volleyball • CHILDREN: Drop-in Soccer* • Soccer • PRESCHOOL: Family Kinder Gym • 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: programs@caswellhill.ca
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: Ball Hockey • A variety of fun programs are being planned for all ages. Please refer to our website for more information.

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.ca
Email: cityparkprograms@gmail.com
Facebook: www.facebook.com/CityParkSask
Outdoor Rink(s): Affinity Credit Union, 710 Duke Street
 Tue & Thu 6-8 PM / Sun 12-2 PM

Programs include: ADULT: All Level Yoga • Men's Basketball • Pickleball/Badminton • PARENT & CHILD: Family Gym Time*

COLLEGE PARK RECREATION ASSOCIATION (CPRA)

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.collegeparksaskatoon.com
Email: President@collegeparksaskatoon.com
Facebook: @CPRAYXE
Outdoor Rink(s): Dr. Gerhard Hertzberg Park, 131 Campion Crescent
Programs include: A variety of programs and events are being planned for the fall season. Please visit our website or social media 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.



CONFEDERATION PARK

Online 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: Yoga • Zumba • Volleyball • Basketball • Pickleball • YOUTH: Girls Volleyball • Teen Open Gym • CHILDREN: Recreational Soccer • Recreational Basketball • PARENT & CHILD: TBA

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: ADULT: Wine and Paint Night • Yoga • YOUTH: SMBA Basketball • Youth Pickleball • Gymnastics • CHILDREN: SMBA Basketball • Intro to Gymnastics • PRESCHOOL: Kindersport • And more!

EAST COLLEGE PARK

Online registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.ecpark.ca
Email: ecpcboardmember@gmail.com
Facebook: www.facebook.com/eastcollegepark
Outdoor Rink(s): St. Augustine School, 602 Boychuk Drive

Programs include: ADULT: Badminton • Pickleball • Craft Circle • Zumba • Recreational Volleyball • YOUTH: Badminton • Girls Activity Night • Boys Gym Night • Babysitting Course • Knitting & Crocheting • CHILDREN: Elementary Activity Night • SMBA Basketball • SYSI Soccer • PARENT & CHILD: TBA

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 fun 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: \$10 per individual/family
Web: www.erindalearborecreek.org
Email: eacca@erindalearborecreek.org
Facebook: www.facebook.com/EACCA-Saskatoon
Instagram: @eaccask
Outdoor Rink(s): Quinn Stevenson Memorial, 225 Kenderdine Road
Mon & Wed 4-6 PM / Sat 10 AM-12 PM

Programs include: A variety of fun 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: www.earca.ca
Email: indoor.coordinator@earca.ca
Facebook: www.facebook.com/saskatoonevergreen
Outdoor Rink(s): Funk Park, 628 Manek Road

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

FAIRHAVEN

In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: <https://www.fairhavencommunity.ca/>
Email: info@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 • CHILDREN: Soccer

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 fun 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: contact@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: Pickleball • Yoga • Bootcamp • Floor Hockey • Volleyball • Daytime Cards, Games & Coffee* • Daytime Karate / Self-Defence • YOUTH: Kickboxing • Basketball • Youth Connection • CHILDREN: Dance • SYS Soccer • PRESCHOOL: Dance • Kindersoccer • Daytime Storytime Dance Party • And more!

HOLIDAY PARK

In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.holidayparksaskatoon.ca
Email: holidaypark.programs@gmail.com
Facebook: www.facebook.com/hpca306
Outdoor Rink(s): St. John School, 1205 Avenue N South
Mon 6-8 PM / Thu 5:30-7:30 PM / Sun 12:30-2:30 PM

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

Search Online for Community Association Programs Across Saskatoon

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

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 fun programs are being planned for all ages. Please refer to our website for more information.

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: hbpnmkwindoor@gmail.com
Facebook: www.facebook.com/hbpnmkw
Outdoor Rink(s): Henry Kelsey School, 16 Valens Drive
Wed 7-9 PM / Sat & Sun 1-3 PM

Programs include: A variety of fun 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/programs
Email: kgcask@gmail.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 fun programs are being planned for all ages. Please refer to our website and Facebook 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: Zumba • Rec. Basketball • Yoga • YOUTH: Basketball • Soccer • Learn to Play Volleyball • CHILDREN: Dance

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 fun 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!

*FREE programs

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
Programs include: ADULT: Badminton • Pickleball • YOUTH: Basketball • Soccer • A variety of fun programs are being planned for all ages. Please refer to our website for more information.

MASSEY PLACE

Online registration: www.masseyplace.org/programs
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.masseyplace.org
Email: organizer@masseyplace.org
Facebook: 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: Pickleball • Volleyball • Floor Hockey • Zumba • Yoga • YOUTH: Volleyball • Karate • CHILDREN: Karate • And more!

COMMUNITY RECREATION GROUP OF MEADOWGREEN

In-person registration: See website/Facebook 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 5-7 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 Step • Water Colour Club • Muscle Sculpt • Yoga (Various Levels) • Pickleball • YOUTH: Basketball • CHILDREN: Art • 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.mountroyalxe.ca
Email: mountroyalxe@gmail.com
Facebook: www.facebook.com/MRCA.Saskatoon
Outdoor Rink(s): Howard Coad School, 431 Avenue T North
Programs include: ADULT: Yoga • Zumba • Gentle stretch (55+) • YOUTH: Basketball • And more!



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

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: <https://www.nprh.ca/program-descriptions>
Email: nprhcommunityassociation@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: ADULT: Yoga • Pickleball • Pilates • Karate

NUTANA

Online 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
Idylwyld Park, 225 Poplar Crescent

Programs include: ADULT: Fitness Yoga • Yoga with Meditation • Animal Flow® • Strength, Sweat, & Stretch • Volleyball • Badminton • Cardio Kickboxing • YOUTH: Soccer • ALL AGES: Ukulele • Guitar

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: Boot Camp • Yoga • Strength Class • Floor Hockey • YOUTH: Basketball • CHILDREN: Floor Hockey • PARENT & CHILD: Kindersoccer • And more!

PARKRIDGE

In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.parkridgecommunity.ca
Email: parkridge.indoorprograms@gmail.com
Facebook: www.facebook.com/parkridge.saskatoon
Outdoor Rink(s): St. Marguerite School, 1235 McCormack Road
Mon & Wed 6:30-8:30 PM / Sat 2-4 PM

Programs include: ADULT: Yoga • Varied Activity Nights

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 fun programs are being planned for all ages. Please refer to our Facebook page for more information.

Search Online for Community Association Programs Across Saskatoon

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

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
Outdoor Rink(s): Achs Park, 102 Elm Street
Sat & Sun 12-3 PM
Queen Elizabeth School, 1905 Eastlake Avenue

Programs include: ADULT: Badminton • Pickleball • Yoga • CHILDREN: Tiny Tots Soccer • Little Yogis • PRESCHOOL: Little Yogis • And more!

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): King George Community School (721 Avenue K South)

Programs include: A variety of fun 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
Tue & Thu 6-8 PM / Sat 12-3 PM

Programs include: ADULT: Badminton • Yoga • YOUTH: Badminton • Flag Football Skills • Basketball • Let's Move: Physical Activity Evenings

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 fun 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: www.silverspringcommunity.ca
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 fun programs are being planned for all ages. Please refer to our website for more information.

Cross Country Skiing

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

****These Community Associations share programs**

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: 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 and Dance • Ballet/Jazz • PRESCHOOL: Soccer Fun • Creative Dance • Movement and 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 Francaise, 2410 Wellington Avenue
Wed 4-6 PM / Sat & Sun 10 AM-12 PM

Programs include: A variety of fun 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
Outdoor Rink(s): Alexander MacGillivray Young Park, 155 Stonebridge Common
Tues 6-8pm / Sat & Sun 10am-12pm

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

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 Filevich School, 125 105th Street West

Programs include: A variety of fun 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 • Art for Adults • Conversational Spanish • CHILDREN: Art for Children • PRESCHOOL: Soccer • Basketball • ALL AGES: Tae Kwon Do (7 to adult)

WESTMOUNT

In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.wcayxe.com
Email: wcayxe@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 fun 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 • Baked Glass Art • YOUTH: Volleyball • Basketball • Baked Glass Art • Martial Arts • CHILD: Basketball • Martial Arts • And more!

WILDWOOD

Online 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: Gentle Yoga, Fitness Yoga, Chair Yoga, Circus Arts, Chess Club, Jive Dance/ East coast swing, Line Dancing, Pickleball, Badminton, Kaiser

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 fun 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.

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 705.627.1859.

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OCT 24, 2026
📍 TCU PLACE

SUNDAY CHAMBER
NOV 1, 2026
📍 GROSVENOR PARK UNITED



PICASSO SYMPHONY
NOV 7, 2026
📍 TCU PLACE

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DEC 5, 2026
📍 TCU PLACE



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DEC 11, 2026
📍 KNOX UNITED CHURCH

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saskatoonlibrary.ca/wir

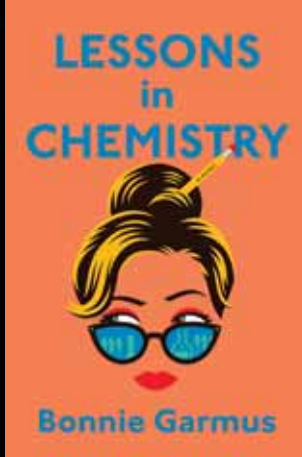
First Nations & Métis SPOTLIGHT

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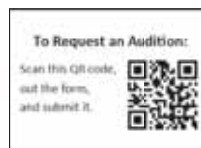
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The Saskatoon Children's Choir offers young singers a rich and challenging experience. All children between the ages 7-14 who enjoy singing are welcome to audition.

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U5 – U9: October 17 to March 7 (14 games)

U11 – U13 & U15 Div 3: October 16 to March 7 (14 – 16 games)

U15 – U19: November 1 to March 7 (15 games)

Registration:

Register with Zone Association or Community according to birth year.
Community & Zone coordinates registration, coaches, equipment, and practices.
SYSI coordinates league schedule and operations.

Birth Year	Age Group	Register With:
2023-24	Parent-Tot	Saskatoon Youth Soccer Inc.
2022	Under-5	Community Association
2020-21	Under-7	Zone of Residence (boundaries) or any Community Association
2018-19	Under-9	Zone of Residence (boundaries) or any Community Association
2016-17	Under-11	Zone of Residence (boundaries)
2014-15	Under-13	Zone of Residence (boundaries)
2012-13	Under-15	Zone of Residence (boundaries)
2008-11	Under-17-19	Zone Association of choice

306-975-3413

saskatoonyouthsoccer.ca

Tentative Game Days, Registration, and Contact Information for Community and Zone Associations available online.

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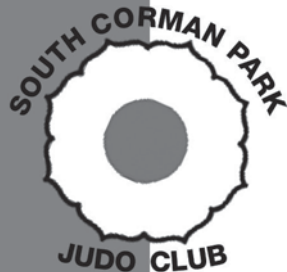
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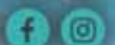
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Outdoor Sessions are held at
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Jake Neufeld
2025 FISU Summer
Games Team - Decathlon

**Visit our Website to Register
www.saskatoontrackclub.com**





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LIONS ARENA

Half season (Sept-Dec) or Full season (Sept-Mar)

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Group 2 (Learn to Speed Skate)



We rent speed skates!



Short Learn-to-Skate Program

All skate types welcome (incl. hockey skates)

ACT ARENA - Cost \$133

September 2, 4, 9,
14, 16, 21 & 23 from
5:45-6:30pm



Skaters must be age
4+ & able to stand
unassisted

FOR MORE INFORMATION AND TO REGISTER ONLINE
VISIT OUR WEBSITE:

[https://slspeedskating.com/
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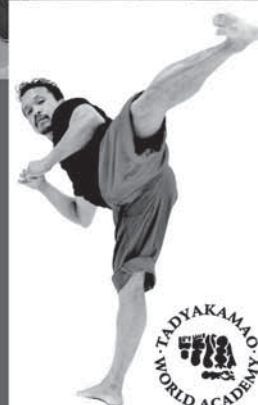
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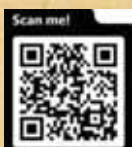


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Discover Saskatchewan's only children's museum!

Nutrien Wonderhub is a non-profit organization that brings children and families together to create, learn, play! Designed for children ages 0-9, Wonderhub offers a safe and inclusive space where children learn through play while immersing themselves in unique exhibits, educational programs, and experiences you can't get anywhere else.



The only preschool in town where the classroom is the children's museum.

Wonderhub is designed to encourage discovery, spark curiosity, and nurture learning through play, it's the perfect place for preschool. At **Wonderhub Preschool**, children ages 3 to 5 lead the way, discovering something new through play in the unique spaces of Wonderhub, every preschool day.

Other preschoolers take field trips here. Yours just calls it Tuesday.

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Learn more at **wonderhub.ca**



Nutrien Wonderhub 950 Spadina Crescent E | Saskatoon, SK S7K 3H6 | 306-249-3574



Having fun in French! S'amuser en français!



Canadian Parents for French (CPF) is a nationwide, research-informed, volunteer organization that furthers bilingualism by promoting opportunities to learn and use French for all those who call Canada home.

Canadian Parents for French - Saskatchewan (CPF-SK) is the Provincial Branch of CPF.



**Free
Membership**

Go to cpf.ca for the membership form and free resources.

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150 Nelson Road

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Come check out our new industry leading, elite turf!

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FITNESS CENTRE Cardio & strength training machines. Mon - Fri 5 - 9pm & Sat/Sun 10am - 4pm.

Pricing for 3 programs above: \$7 Drop-in, \$18 Family Drop-in, \$60 Punch card. Details online, in person or by phone.

TERRY FOX WALKING TRACK *Check details with City* A City of Saskatoon service. Leisure Card or drop-in fee.



219 Primrose Drive

Sprung floors on all fields provide 65% less joint fatigue.

INDOOR WALKING PROGRAM Weather-free space to keep fit. Mon - Fri, 8am - 2pm; \$6 drop-in, \$40/mo, \$138/season

INDOOR PLAYGROUP Huge play spaces full of riding cars & toys! \$7/child; 10 punch card \$60. Mon - Fri 9:30 - 11:45am. Adults & babies under 1 are free.  

TODDLER BIRTHDAY PARTIES Mon - Fri 9am - 1pm \$70/party unlimited kids! In conjunction with Indoor Playgroup.

PICKLEBALL Variety of programs on the best 16 courts in town! For details & to register go to saskatoonpickleballinc.ca.

Scan for more details & pics



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Skating programs for all ages and all levels, all year round!

Skate Saskatoon

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CanSkate Having taught millions CanSkate is the best learn-to-skate program in Canada. Designed for beginners of all ages, CanSkate helps improve basic skating skills for figure skating, hockey, ringette, or speed skating, while

promoting fitness and fun. We work with a nationally tested curriculum that focuses on balance, control, and agility while empowering skaters to hone essential skills, in a safe and friendly environment.

PowerSkate If you're looking to take your skating game to the next level with a high-energy program designed specifically for hockey and ringette players, PowerSkate is for you. Focused on key skills like balance, control, agility, power, and speed, PowerSkate features progressive drills taught by NCCP-certified Skate Canada coaches.

StarSkate STAR 1-5

Led by NCCP-certified Skate Canada coaches, the STAR 1-5 curriculum is Canada's premier figure skating program. It lays the groundwork for future champions in singles, pairs, ice dance, and synchronized skating by introducing participants to all the figure skating essentials.



STAR 6-Gold

For skaters who have completed the STAR 1-5 curriculum. It pushes your skills to the next level, building on what you've already learned while introducing exciting advanced elements. Group packages are available for StarSkate and Competitive skaters that enhance performance and accelerate improvement.



Synchronized

Synchronized skating, or "synchro," is a dynamic team discipline where groups of eight or more skaters move as one, executing beautifully fluid circles, blocks, lines, wheels and intersections to

music. Open to all ages and skill levels, it celebrates unity and teamwork on and off the ice.

FOR ADDITIONAL INFORMATION VISIT

WWW.SKATESASKATOON.COM

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Unlock Your Child's Voice, Confidence, and Learning Potential

Support that helps children thrive - academically, socially, and emotionally.



Speech-Language Pathology Services

Builds children's communication skills by helping them understand language, express their ideas, and use speech sounds clearly so they can connect confidently with others.



Reading Intervention Services

Strengthens foundational literacy skills through targeted instruction in phonics, comprehension, and fluency, helping children become more confident, capable readers.



Educational Psychology Assessment Services

Provides a clear understanding of a child's learning profile, identifying strengths and challenges to guide individualized supports at school and home.



Occupational Therapy Services

Supports children in developing everyday skills like fine-motor control, sensory regulation, and independence so they can participate more comfortably in home, school, and play routines.

Why clients choose us....

- **Personalized Support** - individualized therapy care plans to fit each client's needs and goals, tailored for meaningful progress
- **Dedicated Therapists** - who are caring, patient and genuinely invested in helping each child feel comfortable, confident & understood
- **Fun, Engaging Environment** - sessions feel enjoyable rather than stressful, children are eager to come to the clinic and stay motivated through playful, creative activities
- **Clear Communication with Families** - Admin team ready to support booking, responsive therapists, home-programming and guidance to ensure you get the most out of the therapy process
- **Group Programming** - SLN offers supportive and engaging group programming for clients ages 3 - 18+ years of age, that help children, teens and young adults practice their communication, social engagement, play skills and language skills in a supportive environment



Fall Group Registration Open Now!

- Social Explorers (parent & tot)
- Say and Play - OT group (5-6 years)
- Kids Chat Jr. & Kids Chat (3 - 9 years)
- Awesome Augmentative Communicators (5+ years)
- Social Detectives (4-7 years)
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gain confidence and express
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Services may be covered and/or partially covered by your extended health care benefits. Other funding options may be accessed on a case by case basis.