LEISURE CENTRE DROP-IN PROGRAMS

Drop-in Programs

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

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

Winter Drop-in Programs run from January 1 to March 31. Check out Drop-in Program times and locations at **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).

LEISURE CENTRE DROP-IN PROGRAMS



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**

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**

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, 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 30 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.

LEISURE CENTRE DROP-IN PROGRAMS





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.
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, SCC**

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. **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**

Walk & Sculpt A brisk walk followed by a muscle strengthening routine using hand weights, tubing or other equipment.
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. Visit **saskatoon.ca/corporateleisurecard** to learn more or register.

