

Registered Programs



YOUTH RECREATION PROGRAMS

YOUTH CONSULTATION CLASSES

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.

11 1-Hour Sessions **\$393**

Lakewood Civic Centre	38611
Saskatoon Field House	38612
Shaw Centre	38613

6 1-Hour Sessions **\$214.50**

Lakewood Civic Centre	38614
Saskatoon Field House	38615
Shaw Centre	38616

3 1-Hour Sessions **\$107.25**

Lakewood Civic Centre	38617
Saskatoon Field House	38618
Shaw Centre	38619

Group Fitness Training **\$87.25**

Get fit how you want, when you want! Revive your workout with a choice of Fitness Yoga, Spin, Boot Camp or Core Body; you pick the date and time. Register for this one-hour group fitness program to improve overall fitness and conditioning, develop fundamental skills and have fun! Book one session or book multiple sessions up to 20 people. Available to: sports teams (cross-training), youth groups and clubs.

Saskatoon Field House	38620
Shaw Centre	38621

YOUTH WEIGHT TRAINING

Weight Training **\$46.25**

13-18 yrs. Learn the proper use of the cardio and weight training equipment at the leisure facility of your choice. You will leave with a personalized program.

Lakewood Civic Centre	38622
Saskatoon Field House	38623
Shaw Centre	38624

NEIGHBOURHOOD DROP-IN YOUTH CENTRES

The neighbourhood youth centres provide a gathering place for youth to learn healthy lifestyles through sports, recreation and cultural activities. Two leaders provide a fun and active atmosphere while sharing crafts, games and other activities. Everyone is welcome to attend and drop-in programs are free to all participants. Bring your friends and hang out, play a sports or participate in other games and activities.

Please refer to the Community Association listings on pages 45-60 for Youth Centre locations and other youth programming opportunities in your neighbourhood.

The fun begins after dark...

LATE NIGHT. CHEAP ICE. GAME ON.

ACT • COSMO • LIONS • ARCHIBALD • KINSMEN

For more information about Ice Rentals call 306-975-3366 or visit the City of Saskatoon website at www.saskatoon.ca



MÈ TA WÈ TÀN PROGRAMS

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

For more information on Mè Ta Wè Tàn programs call 306-975-3378 or visit the City of Saskatoon website at www.saskatoon.ca.

FREE Drop-in Programs!

Family Skate **FREE!**

Free family public skate for children, youth and families. For more information call 306-975-3378.

Cosmo Civic Centre 3130 Laurier Drive
Clarence Downey Speed Skating Oval Dudley St & Ave R
 Feb 16 Mon 02:00 PM-04:00 PM

AquaFitness for Women **FREE!**

This aquafitness program features low impact level exercises. Classes consist of a warm-up, strength session and cool-down. Participants exercise in water using a variety of equipment. The program encourages women to socialize with each other and have FUN. Please register with the instructor on the first day of class at the YMCA.

YMCA 25-22nd Street East
 Jan 21-Apr 1 Wed 07:00 PM-08:00 PM
 Cancelled Feb 18

Volleyball Skill Development **FREE!**

14-30 yrs. Co-ed. Basic volleyball skills will be taught by certified coaches.

Saskatoon Indian & Métis Friendship Centre
 168 Wall Street
 Jan 19-Mar 30 Mon 06:30 PM-08:00 PM
 Cancelled Feb 16

Beginner Boot Camp **FREE!**

Learn to live a healthy lifestyle with this fun, effective fitness class.

St. Mary Wellness & Education Centre
 327 Avenue N South
 Jan 22-Apr 2 Thu 06:00 PM-07:00 PM
 Cancelled Feb 19

Drop-in Basketball **FREE!**

14-30 yrs. An opportunity to practise the skills of the game and increase physical fitness. For more information call 306-975-3378.

White Buffalo Youth Lodge 602-20th Street West
 Jan 21-Apr 1 Wed 07:30 PM-09:30 PM
 Cancelled Feb 18

MÈ TA WÈ TÀN COMMUNITY YOUTH CENTRES **FREE!**

10-17 yrs. The Mè Ta Wè Tàn community youth centre programs provide a gathering place for youth to learn healthy lifestyles through sports, recreation and cultural activities. Two leaders provide a fun and active atmosphere while sharing aboriginal crafts, games and other activities. Everyone is welcome to attend. The drop-in program is **FREE**. For more information call 306-975-3341.

King George Youth Centre
 King George School 721 Avenue K South
 Jan 15-Mar 26 Thu 06:30 PM-08:30 PM
 Cancelled Feb 19

Pleasant Hill Youth Centre
 St. Mary School 337 Avenue O South
 Jan 12-Mar 23 Tue 06:30 PM-08:30 PM
 Cancelled Feb 17

Princess Alexandra Youth Centre
 Princess Alexandra School 210 Avenue H South
 Jan 12-Mar 23 Mon 05:30 PM-07:30 PM
 Cancelled Feb 16

Did You Know?
 Mè Ta Wè Tàn is Cree
 for 'Let's Play!'

WATCH FOR INFORMATION ON FREE SPRING BREAK ACTIVITY CAMPS!