

# 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 \$404.75**  
Lakewood Civic Centre 40180  
Saskatoon Field House 40181  
Shaw Centre 40182

**6 1-Hour Sessions \$220.75**  
Lakewood Civic Centre 40183  
Saskatoon Field House 40184  
Shaw Centre 40185

**3 1-Hour Sessions \$110.50**  
Lakewood Civic Centre 40186  
Saskatoon Field House 40187  
Shaw Centre 40188

### YOUTH WEIGHT TRAINING

#### Group Fitness Training \$89.75

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.

Shaw Centre 40189  
Saskatoon Field House 40190

#### Weight Training \$47.75

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 40191  
Saskatoon Field House 40192  
Shaw Centre 40193

## SPORT & SPLASH CAMP

### Sport & Splash Camp

10-13 yrs. Run, jump, kick, throw, skip, slide, dive and dash. A perfect full-day camp for kids who like to have fun and keep active! Campers will participate in a daily recreational swim and try their hand at a variety of non-competitive sports, games and activities.

#### Lawson Civic Centre

Jul 6-10	M-F	09:00 AM-04:00 PM	\$159	40146
Jul 13-17	M-F	09:00 AM-04:00 PM	\$159	40148

*Extended Drop-off & Pick up* is available for children registered in the Sport & Splash Camp who need to be dropped off early or picked up late.

#### Lawson Civic Centre

Jul 6-10	M-F	08:00 AM-09:00 AM	\$31.75	40152
		04:00 PM-05:00 PM		
Jul 13-17	M-F	08:00 AM-09:00 AM	\$31.75	40153
		04:00 PM-05:00 PM		

For Sport & Splash Camps for ages 7-12 refer to page 47.

### Looking for more Youth programming?



Please refer to the 'Where to Hang' map on page 11.



## A SMART START TO ADULT BEGINNER FITNESS!



Smart Start adult beginner fitness programs can help you take the guesswork out of physical activity, making it easier to develop a fitness plan that works for you. It was created with the beginner in mind and for those who have not been active for some time. Smart Start programs help you get active through education, skill development and motivation. We're here to support your participation in physical activities until you are ready to try it on your own!

- Smart Start Guides (available at [www.saskatoon.ca](http://www.saskatoon.ca))
- Smart Start Learn To Classes
- Personal/Group Fitness Consultations (look for the Smart Start symbol )
- Drop-in & Registered Classes (look for the Smart Start symbol )

Becoming more physically active will benefit you:  
**PHYSICALLY** - increase health-related quality of life  
**MENTALLY** - improve mental clarity, alertness and overall mood  
**EMOTIONALLY** - increase self-esteem and sense of worth

Look for the Smart Start symbol  on the facility drop-in calendars (pages 14-27) and in the Adult Programs section of the Leisure Guide (pages 48-50) for specific classes, dates, times and locations. For more information on Smart Start Programs call 306-975-7808.