

Registered Programs

SPECIALIZED WELLNESS PROGRAMS



**THE FIRST STEP™
PROGRAM**

The First Step Program™

The First Step Program™ offers a supervised exercise and education program for individuals looking to make exercise a regular part of their life. This program is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol and/or chronic kidney disease.

For more information or to register, please call 306-975-3121.

Saskatoon Field House

Apr-Aug	Tu, Th, Sa	Mornings
	Tu, Th	Evenings

Stroke and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatoon Health Region 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, please call 306-655-4595.

Saskatoon Field House

Stroke Exercise

Apr-Aug Tu, Th 01:00 PM-02:30 PM

Parkinson's Exercise

Apr-Aug M, W, F 02:00 PM-03:15 PM

The First Step Program™ and the Stroke and Parkinson's Exercise Program are provided in partnership with:



ANIMAL SERVICES

DOG PARKS

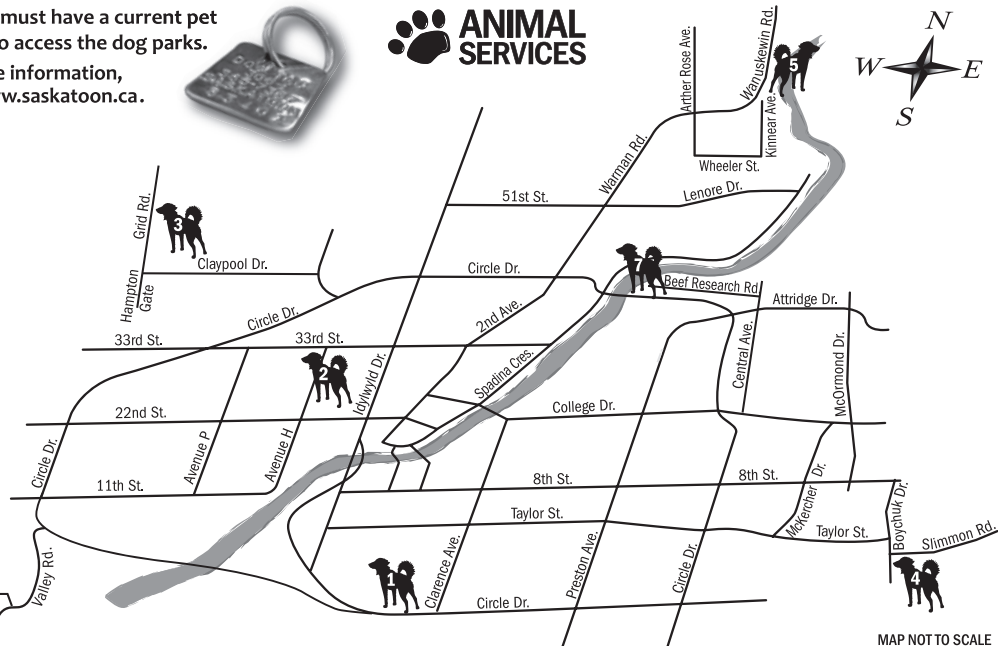
All dogs must have a current pet license to access the dog parks. For more information, visit www.saskatoon.ca.



- AVALON**
At the end of Broadway Avenue, south of Glasgow Street.
- CASWELL DOG PARK**
Avenue F North or Avenue G North, South of 32nd Street West.
- HAMPTON VILLAGE**
North of 33rd Street, along Junor Avenue, around Hampton Circle, north on Dawson Way, follow grid. Dog Park next to airport.
- HYDE DOG PARK**
Enter North Gate from Slimmon Road. Alternate South Gate (foot traffic only).
- SILVERWOOD**
Adjacent to the north east edges of Silverwood Golf Course, along the riverbank north of the City Limits.
- SOUTHWEST**
North of Cedar Villa Road.
- SUTHERLAND BEACH**
Accessed via grid road with entry off of Central Avenue, 50 m north of Attridge Drive.



Cedar Villa Rd.



MAP NOT TO SCALE

PET LICENSING

LICENSING YOUR PET HAS MANY BENEFITS!

- Pet identification
- PAL Perk
- Pet + Me Rewards Club
- Discounted licenses for spay/neutered animals
- Direct return home
- Safe shelter
- City-wide pet events
- And more!

Purchase or renew your pet's license online by simply visiting www.saskatoon.ca.

