

LEISURE GUIDE

Fall 2019

Let's Play!

Mè Ta Wè Tàn Programs are fun for everyone. p. 27

Save on admission rates with Bulk Tickets and LeisureCards. p. 10-11

 City of
Saskatoon

We've gone digital!

All of the great arts, culture and recreation programs listed in the *Leisure Guide* are also available online, anytime.



Let's connect

-  View the current Leisure Guide online saskatoon.ca/leisureguide
-  Browse and register for Registered Programs with Leisure Online saskatoon.ca/leisureonline
-  Check out facility and pool hours, Drop-in Program times and cancellations with Drop-in Online saskatoon.ca/dropinonline
-  Connect with your neighbourhood Community Association to see what they have to offer this season saskatoon.ca/communityassociations

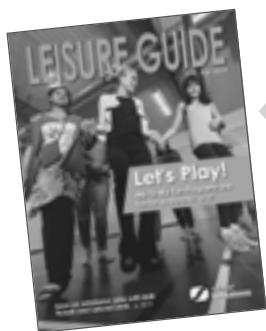
The City of Saskatoon *Leisure Guide* is your community source for sports, culture and recreation programs in Saskatoon!

Find a variety of Registered and Drop-in Programs designed to help you get fit, learn a new skill or even pick up some new cooking techniques. You'll also find out about sports, culture and recreation opportunities offered by community organizations throughout the city. The Fall 2019 *Guide* is valid from September 1 to December 31, 2019 — bookmark it online (saskatoon.ca/leisureguide) or keep your copy handy to refer to upcoming classes and events.

Interested in advertising your community-based sport, culture or recreation organization? Call the Saskatoon StarPhoenix at 306-657-6340.

The *Leisure Guide* has a new look! In an effort to be more environmentally-friendly, the City has reduced the number of pages in the printed *Guide*. Information that is updated online, such as Drop-in Program schedules and Community Association programs, has been removed from the publication.

Find the latest program information at saskatoon.ca/dropinonline or refer to your Community Association's website or newsletter.



◀ Fall 2019 *Leisure Guide* cover photo taken at White Buffalo Youth Lodge. Learn more about Mè Ta Wè Tàn programs, including Little Sisters in Action, on page 27.

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.

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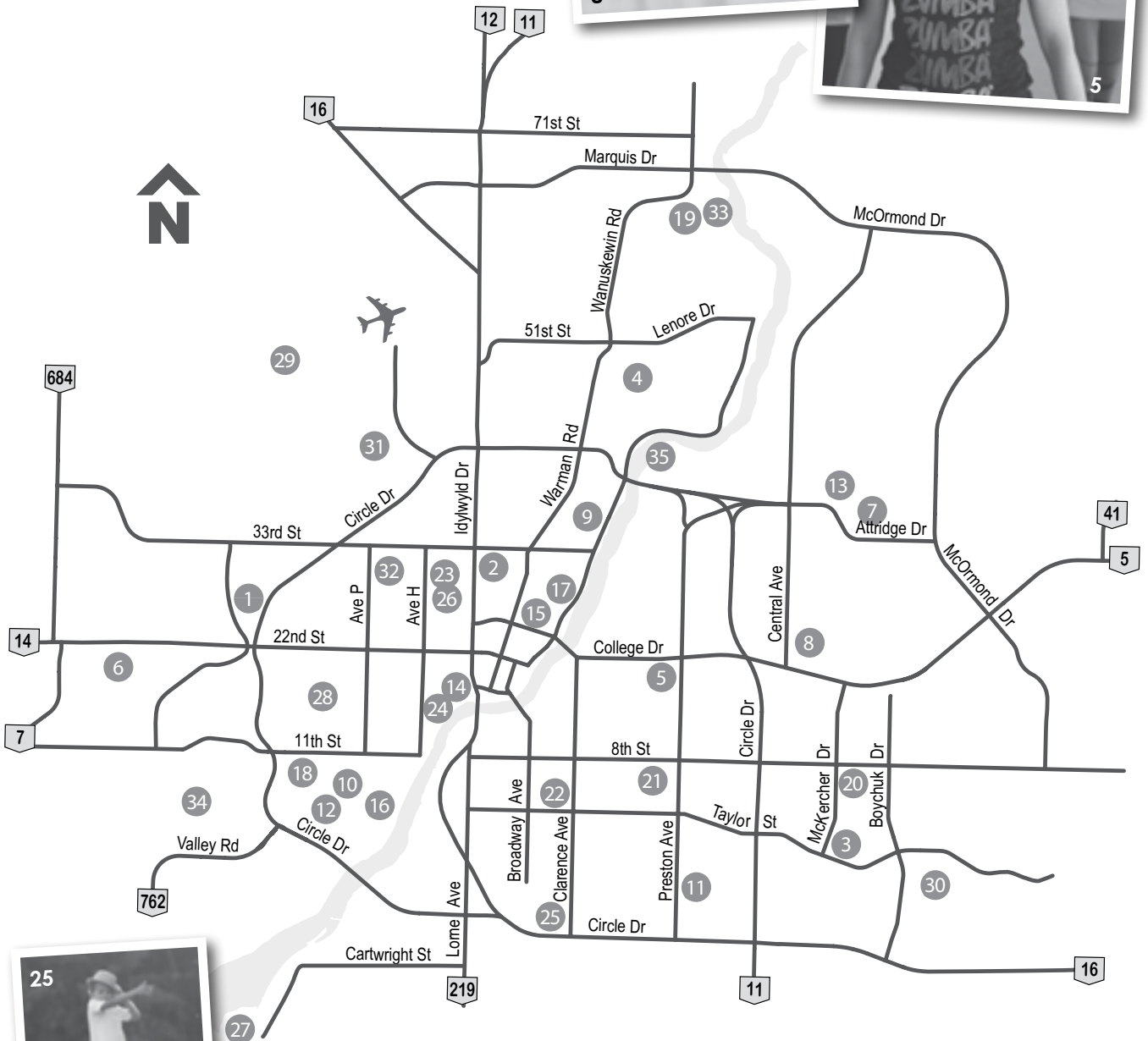
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*Watch for the Winter 2020
 Leisure Guide on November 27.*

RECREATION MAP

Find Your Fun!

The City of Saskatoon offers many fun and exciting programs and activities at the six indoor Leisure Centres, skating rinks, Saskatoon Forestry Farm Park & Zoo, off-leash dog parks and other sites!



Visit saskatoon.ca 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
- 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 Bowlf Crescent
- 7 **TERRY FOX TRACK** 9
150 Nelson Road

SKATING

- 8 **ACT ARENA** 34
107-105th Street
- 9 **ARCHIBALD ARENA** 34
1410 Windsor Street
- 1 **COSMO ARENA** 34
3130 Laurier Drive
- 10 **GORDIE HOWE KINSMEN ARENA** 34
1405 Avenue P South (*Rentals only*)
- 11 **LIONS ARENA** 34
2205 McEown Avenue
- 12 **CLARENCE DOWNEY SPEED** 35
SKATING OVAL, Dudley Street & Avenue R

OTHER ATTRACTIONS

- 13 **SASKATOON FORESTRY FARM** 36
PARK & ZOO, 1903 Forestry Farm Park Drive
- 14 **OUTDOOR FITNESS CIRCUIT**
AT RIVER LANDING
- 15 **NUTRIEN PLAYLAND AT KINSMEN PARK**
945 Spadina Crescent
- 16 **GORDON HOWE CAMPGROUND**
1640 Avenue P South (off 11th Street)
- 17 **SASKATOON CIVIC CONSERVATORY**
(*closed during building renovations*)
950 Spadina Crescent East

GOLF COURSES

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

OUTDOOR POOLS

- 21 **GEORGE WARD POOL**
1915 5th Street East
- 22 **LATHEY POOL**
815 Taylor Street
- 23 **MAYFAIR POOL**
1025 Avenue F North
- 24 **RIVERSDALE POOL**
822 Avenue H South



DOG PARKS

- 25 **AVALON**
South end of Broadway at Glasgow Street
- 26 **CASWELL**
Avenue F North and 31st Street West
- 27 **CHIEF WHITECAP**
Access via Saskatchewan Crescent off of Cartwright Street
- 28 **FRED MENDEL**
Avenue W South and 17th Street West
- 29 **HAMPTON VILLAGE**
North on Range Road 3060 near the airport
- 30 **HYDE**
South end of Hyde Park adjacent to Boychuck Drive
- 31 **PAUL MOSTOWAY**
Richardson Road east of McClocklin Road
- 32 **PIERRE RADISSON**
Between 32nd Street and 33rd Street at Faulkner Crescent
- 33 **SILVERWOOD**
Access off Kinnear Avenue or the east end of Adilman Drive
- 34 **SOUTHWEST**
Off Valley Road, near Cedar Villa Estates
- 35 **SUTHERLAND BEACH**
West off Central Avenue just north of Attridge Drive



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 12-23 or visit saskatoon.ca/leisurecentres.



LEISURE CENTRES

COSMO CIVIC CENTRE (CCC)



3130 Laurier Drive • 306.975.3344 • saskatoon.ca/cosmo

Master a fresh new dish in a cooking class, hit the walleyball 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 8:00 AM-10:00 PM

Saturday 9:00 AM-6:00 PM

Sunday 12:00 PM-6:00 PM

Closed on statutory holidays. Visit saskatoon.ca/dropinonline for Drop-in Program schedules.

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

FACILITY FEATURES

- Gymnasium • Fitness & Weight Room
- Racquetball & Walleyball Court
- Meetings Rooms • Theatre
- Multi-Purpose Room
- Library • WiFi available
- Lockers • Rink



HARRY BAILEY AQUATIC CENTRE (HBC)



1110 Idylwyld Drive • 306.975.3321 • saskatoon.ca/harrybailey

The zero-entry beach area, high diving boards and climbing wall are exciting for swimmers of all ages and skill levels. The pool is a favourite for speed and synchronized swimmers, aspiring divers and water polo teams. Just minutes from downtown, the weight room is perfect for a quick lunchtime workout. A popular spot for registered swimming lessons and Drop-in Aquatic Programs.



HOURS OF OPERATION

Note: Leisure pool, sauna and hot tubs closed for maintenance until Aug 25 inclusive.

Monday & Wednesday 6:00 AM-9:00 PM

Tuesday & Thursday 6:00 AM-9:30 PM

Friday 6:00 AM-10:00 PM

Saturday 9:00 AM-9:00 PM

Sunday 10:00 AM-8:00 PM

Visit saskatoon.ca/dropinonline for Drop-in Program schedules and holiday hours.

FACILITY FEATURES

- 8-lane Competitive Pool
- Diving Boards & Platforms • 6-lane Warm-Up Pool
- Tot Pool with Spray Features • Hot Tubs & Sauna
- Multi-Purpose Room • Zoom Slide & Climbing Wall
- Poolside Deck & Viewing Area • Lockers
- Fitness & Weight Room • WiFi available

LAKWOOD 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. With the fitness room overlooking the pool, fitness classes and registered swimming lessons, Lakewood has something for all ages. Be sure to also stop at the Cliff Wright Branch Library*.

HOURS OF OPERATION

Monday to Friday 6:00 AM-10:00 PM

Saturday 8:30 AM-8:00 PM • Sunday 10:00 AM-6:00 PM

Visit saskatoon.ca/dropinonline for Drop-in Program schedules and holiday hours.

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

FACILITY FEATURES

- Zero-depth Leisure Pool • Hot Tub
- Water Features with 150 ft Waterslide
- Sauna • Gymnasium • Lockers • WiFi available
- Multi-Purpose Room • Preschool Room • Library
- Fitness & Weight Rooms • Poolside & Outdoor Decks



Book your child's next birthday party at Lakewood!

See page 25 for details.



Get the latest Drop-in Program schedule information
at saskatoon.ca/dropinonline

See page 2.

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 6:00 AM-10:00 PM

Friday 6:00 AM-9:00 PM

Saturday 9:00 AM-06:00 PM

Sunday 10:00 AM-6:00 PM

Visit saskatoon.ca/dropinonline for Drop-in Program schedules and holiday hours.

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

FACILITY FEATURES

- Zero-depth Wave Pool • Water Features
- Hot Tub • Multi-Purpose Room
- Indoor Playground • Fitness & Weight Room
- Poolside & Outdoor Decks • WiFi available
- Lockers • Library



SASKATOON FIELD HOUSE (SFH)



2020 College Drive • 306.975.3354 • saskatoon.ca/fieldhouse

Focus on health and wellness with fitness equipment, a track, sports 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

*Closed for facility upgrades until fall.
Watch for updates.*

Monday to Friday 6:30 AM-10:00 PM

Saturday & Sunday 9:00 AM-5:00 PM

Visit saskatoon.ca/dropinonline for Drop-in Program schedules and holiday hours.

FACILITY FEATURES

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



saskatoon.ca/facilityrentals

Leisure Centres can accommodate groups from five to 4,500 and almost every kind of occasion. Flexible rental plans allow you to rent the entire building or just the facilities you need. See page 37.

SHAW CENTRE (SCC)



122 Bowlf 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 Hamm Fitness Centre overlooks the pool and offers excellent variety for your workout, offering weight machines, free weights, treadmills, ellipticals, rowers and cycling. Walkers, joggers, runners and strollers are welcome on the Hamm 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

Note: The Competitive Pool is closed for maintenance until Aug 30 inclusive.

Monday to Friday 6:00 AM-10:00 PM

Saturday 8:30 AM-9:00 PM

Sunday 9:00 AM-8:00 PM

Visit saskatoon.ca/dropinonline for Drop-in Program schedules and holiday hours.

FACILITY FEATURES

- 10-lane High Performance Competitive Pool
- Diving Boards & Platforms • 6-lane Warm-Up Pool
- Family Pool with Waterslide & Water Features
- Portable Aquatic Lift • Family & Adult Hot Tubs
- Hamm Fitness Centre • Hamm Walking Track
- Community Gymnasiums • Multi-Purpose Room
- Child Minding Room • Nordic Fencing Playground*
- Hamm Multi-Purpose Fields* • Lockers

*Outdoors

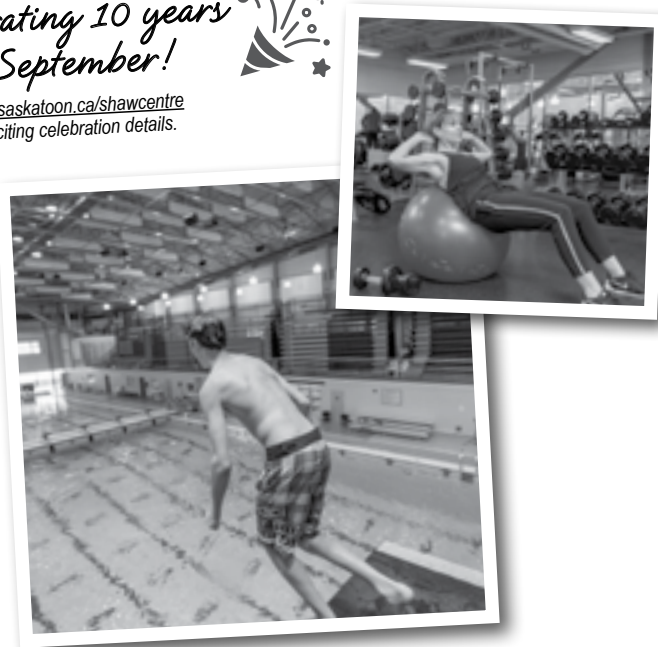


Book your child's next birthday party at Shaw!

See page 25 for details.

*Celebrating 10 years
in September!*

Watch saskatoon.ca/shawcentre
for exciting celebration details.



TERRY FOX TRACK (TFT)



150 Nelson Road (inside the SaskTel Sports Centre)
306.975.3354 • saskatoon.ca/terryfoxtrack

HOURS OF OPERATION

Monday to Friday

8:00 AM-1:00 PM & 4:00 PM-8:00 PM

Saturday & Sunday 10:00 AM-4:00 PM

Terry Fox Track is closed on statutory holidays.

FACILITY FEATURES

- 2-lane, 365 metre Indoor Track
- Cafeteria (Lobby)
- Lockers



Get the latest drop-in program schedule information
at saskatoon.ca/dropinonline

See page 2.

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.

| Prices include GST | Adult (19+) | Youth (6-18 yrs) | Preschool (0-5 yrs) | Family |
|--------------------------------|-------------|------------------|---------------------|----------|
| Single Admission | \$9.80† | \$5.90 | FREE | \$19.60 |
| Group Rates[^] | \$9.30 | \$5.40 | FREE | n/a |
| Bulk Tickets (10) | \$75.00 | \$45.00 | FREE | \$150.00 |

We Witch You a Healthy Halloween!

Ditch the sugar and pick up 20% off Leisure Centre general admission coupons to hand out on Halloween. Available at the Leisure Centres on a first come, first-serve basis beginning October 7. Maximum of 50 coupons per customer.

What is a Bulk Ticket?

Buy 10 general admissions for less than the price of eight! Bulk Tickets never expire and are transferable to family and friends. They also make great birthday gifts or include them in treat bags.

Last Hour Promotion

Take advantage of the final hour of operation at any Leisure Centre fitness and exercise room, walking track and open gym, seven days a week for a \$3 admission. Excludes swimming pools, the Terry Fox Track, and badminton and pickleball at Saskatoon Field House.

Child Minding

Child Minding is FREE with a Family General Admission and Family Bulk Ticket purchase.

General Admission is non-refundable.

† General Admission to the Terry Fox Track is \$4.00.

[^] For groups of six or more people.

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. Available at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre. For hours visit saskatoon.ca/dropinonline.



| Prices include GST | First Child | Each Additional Child |
|-------------------------------|-------------|-----------------------|
| General Admission | \$3.50/hr | \$2.10/hr |
| Bulk Ticket (10 hours) | \$28.00 | \$16.80 |

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, related by birth, legal status, or marriage, 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.

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 15 and older to participate in an instructor led fitness program.



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.

| Prices include GST | Adult (19+) | Youth (6-18 yrs) | Family |
|------------------------------------|-------------|------------------|----------|
| LeisureCard* (Monthly Rate) | \$50.00 | \$30.00 | \$100.00 |
| 2-Week Trial Pass | \$25.00 | \$20.00 | \$30.00 |



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 Red Cross swimming lessons!

Perk 2 12 months for the price of 11. Renew your 12-month LeisureCard for the price of 11 months.

Perk 3 \$50 PerkCard. Give as a gift or keep for yourself. The promotional \$50 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.

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.

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.

** LeisureCards are non-transferable. Refunds not available for one-month cards. Payment plans available for six and 12-month cards.*



LEISURE ACCESS PROGRAM

This program is designed to address the needs of low income residents in Saskatoon. Residents of all ages who are below the low income cut off available on saskatoon.ca/leisureaccess are eligible to receive an accessible LeisureCard which provides unlimited access to drop-in programs at any of the six indoor Leisure Centres, four outdoor pools, Cosmo Skating Rink and Terry Fox Track. Application forms are available at all Leisure Centres. For further information about the Leisure Access Program call 306-975-3383 or email leisureaccess@saskatoon.ca.

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. Pre-registration is not required. 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. For program times, visit Drop-in Online at saskatoon.ca/dropinonline.

SWIMMING

Includes access to pool area and amenities during public open times.

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).
HBC, LWC, LCC, SCC

Parent & Tot Swim

Pool time for parents with children under six.
HBC, LWC, LCC, SCC

Public Swim

Open time for everyone.
HBC, LWC, LCC, SCC

RECREATION & SPORT

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

Badminton

Birdies and racquets not provided. Birdies can be purchased from Customer Service. Call facility two days in advance to reserve a court.
SFH

Basketball

An opportunity to play pickup 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, SCC

New! Indoor Play Zone

Age 6 & 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, LWC

Pickleball

Combines elements of tennis, badminton and ping pong. Paddles not provided. Call facility in advance to reserve a court. Open play options available.
CCC, SFH



CCC Cosmo Civic Centre
HBC Harry Bailey Aquatic Centre
SCC Shaw Centre
LCC Lawson Civic Centre
LWC Lakewood Civic Centre
SFH Saskatoon Field House

* Instructor-led programs require a separate payment of a General Admission, Bulk Ticket or a LeisureCard.

** 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 15 and older to participate in an instructor-led fitness program.



Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon's Leisure Centres! Everyone is welcome to join us for this one-hour session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. 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.

All sessions below run from 07:00 PM–8:00 PM.

Harry Bailey Aquatic Centre
Monday, October 21

Lakewood Civic Centre
Wednesday, October 23

Lawson Civic Centre
Monday, October 28

Shaw Centre
Tuesday, October 29

Saskatoon Field House
Monday, November 4

Public Gym

Participate in your favourite gym activity.
LWC, SCC

Racquetball

Racquet sport played in a four-walled court. 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

Walleyball

Walleyball court rentals are available in one-hour blocks for \$19.60/hour. Call Cosmo in advance to reserve a court.
CCC

GENTLE FITNESS CLASSES

Ideal for older adults looking for a slower pace, or people with limited range of motion and/or reduced mobility.

Chair Yoga

Gentle yoga using chair support to improve strength, flexibility and balance.
LCC, LWC, SCC

Functional Fitness

Builds strength and corrects posture and balance with stretching exercises and mild aerobics.
CCC

Gentle Aqua Motion

Strengthens muscles and improves mobility utilizing the buoyancy of waist to chest-deep water to reduce stress on joints.
LWC, LCC

New! Gentle Circuit

Participants will be led through a variety of exercise stations focused on improving muscle strength, cardiovascular endurance and stability.
LWC

Gentle Fitness Yoga

Slower pace with emphasis on the warm-up, basic postures, modifications, gentle strengthening and flexibility. LWC, LCC, SCC

SMART START BEGINNER FITNESS CLASSES

Designed for those who haven't participated in fitness classes, but would like to start as well as people wanting to renew their participation in a fitness routine after time off. Smart Start programs are identified by the ♣ symbol.

♣ Aqua Motion I

Exercises in waist to chest-deep water. No swimming ability required.
LWC, LCC, SCC

♣ 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



♣ Aqua Zumba®

Move and dance to Latin music to improve muscular and aerobic fitness while having fun in the pool! Suitable for all fitness levels.
LWC

♣ Cardio & Sculpt I

Combines a cardio workout with free-weight instruction. Easy to follow.
LWC, LCC, SCC

♣ Fitness Yoga

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

♣ Low Impact & Sculpt

Combines cardiovascular, light weight training and flexibility exercises.
LCC, LWC

New! Mommy and Me StrollFit

The first half of the class involves walking the gym with your baby while the second half targets muscle strengthening and postnatal core specific work. It is recommended moms be six weeks postpartum (8+ for caesarean).
LWC

♣ Step I

Introduces basic step patterns to the beginner. Fun and easy to follow.
LWC, LCC, SFH

♣ Walk & Sculpt

A brisk walk followed by a muscle strengthening routine using hand weights, tubing or other equipment.
LWC



Get the latest drop-in program schedule information
at saskatoon.ca/dropinonline

See page 2.

INTERMEDIATE FITNESS CLASSES

Designed for those who wish to progress from beginner fitness.

Aqua Boot Camp

45 minutes of cardio, core and muscular strength intervals with the added resistance of water.

HBC, LCC

Aqua Motion II

A higher intensity workout for experienced participants with an extended cardio session.

HBC, LWC, LCC, SCC

Boxercise II

Utilizes footwork, sparring and cardio for a fast-paced workout.

SFH

Cardio & Sculpt Interval

Alternates between cardio and strength building exercises using various types of equipment.

LWC, LCC

Core 30

30-minute program focuses on strengthening your core and helping your body remain stable and balanced.

LCC, SCC, SFH

Deep Water Aqua Motion

Minimizes joint stress using floatation belts to provide support while you work out in the deep end.

HBC, LCC, SCC

Deep Water Aqua Tether

Great cardio workout for all levels. Participants tether their floatation belt to a lane rope with a bungee cord, adding resistance and targeting core stability.

SCC

Group Cycle

Uses varying degrees of tension and technique through hills, speed drills, intervals and strength and core endurance.

SFH*, SCC

* Due to equipment restrictions, Group Cycle class size is limited to 24 participants. Please sign up for Group Cycle by phone or in person at Customer Service, 30 minutes prior to the start of class time.

Group Cycle & Sculpt

Alternates beginner/intermediate stationary cycling with intensive muscle conditioning.

SFH

Bonus Times!

Leisure Centres often offer additional bonus programming during statutory holidays and school breaks. Visit saskatoon.ca/dropinonline to find bonus swim and recreation program times for the whole family.

Hi/Low Aerobics

Combines high and low impact moves.

SFH, SCC

Intermediate Fitness Yoga

A faster paced, active class emphasizing the fundamental poses of yoga while focusing on strength, alignment and stamina. Not recommended for women who are pregnant.

LWC, SFH, SCC

Muscle Sculpt

Improves flexibility, muscular strength and endurance with a variety of strengthening and stretching techniques with equipment.

LWC, LCC, SFH

Step II

Improves cardio endurance with step combinations to challenge and motivate.

LWC, SFH

Stretch & Sculpt

Focuses on core body strength, flexibility and posture using a variety of resistance equipment to sculpt and strengthen muscles and basic yoga stretches to increase flexibility and provide relaxation.

SFH

New! Suspension Circuit Training

Increase your fitness ability and strength using straps hung from the wall and your bodyweight. Self-directed.

SCC

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, LWC, LCC, SFH, SCC

CCC Cosmo Civic Centre
HBC Harry Bailey Aquatic Centre
SCC Shaw Centre
LCC Lawson Civic Centre
LWC Lakewood Civic Centre
SFH Saskatoon Field House



ADVANCED FITNESS CLASSES

Ideal for those with previous fitness experience who want a serious workout.

Boot Camp

Combines intervals of high intensity cardio with conditioning exercises using weights, bands, benches and balls.

LWC, SFH

BOSU® Fitness

Uses the BOSU® Ball to complement your fitness routine.

SCC

FIT OVER 50 FITNESS CLASSES

Ideal for adults 50 years and over who want to maintain fitness and stay independent.

Forever...in motion Aquatic

Strengthens muscles and improves mobility utilizing the buoyancy of waist to chest-deep water to reduce stress on joints.

LCC

Forever...in motion II

Further develop your flexibility, strength and balance by learning functional exercises that will challenge you while improving your health.

SCC



Get the latest drop-in program schedule information at saskatoon.ca/dropinonline

See page 2.

Registered Programs

Leisure Centres offer a wide range of Registered Programs each season – from Red Cross 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 11 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 11 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 11 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, August 11 – 6:00 PM to 9:00 PM

Monday, August 12 – 8:00 AM to 8:00 PM

Tuesday, August 13 – 8:00 AM to 8:00 PM

To register by phone after August 13, contact any Leisure Centre (see pages 6-9).

VISIT A FACILITY

Walk-in registrations for Fall programs begin Monday, August 12 at 6:30 AM at the following locations:

Cosmo Civic Centre, 3130 Laurier Drive
(walk-in registration begins at 8 AM)

Harry Bailey Aquatic Centre, 1110 Idylwyld Drive

Lakewood Civic Centre, 1635 Mc Kercher Drive

Lawson Civic Centre, 225 Primrose Drive

Shaw Centre, 122 Bowlt Crescent

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 and information on equipment, 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.

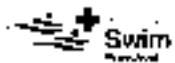
Refunds

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).

PROGRAMS & ACTIVITIES

RED CROSS SWIM PROGRAM

LESSON LEVEL DESCRIPTIONS



RED CROSS SWIM PRESCHOOL

Ages 4-36 months; parented

Red Cross Swim Preschool is an eight-level program that allows your children, aged four months to five years, to enter levels based on their age and abilities. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children. A parent or caregiver will participate in the classes together with their child. Progression is based on participation and age.



Starfish 1st PARENTED LEVEL - Ages 4-12 months

Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water and shallow water entries and exits.



Duck 2nd PARENTED LEVEL - Ages 12-24 months

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery and shallow water entries and exits.



Sea Turtle 3rd PARENTED LEVEL - Ages 24-36 months

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

See pages 18-23 for lesson times.



Swim Lesson Schedule Options

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

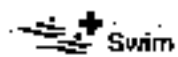
Once per week for 8-10 weeks • Block lessons

Twice per week for 4 weeks

Split classes • Stroke Improvement

Private swim lessons • Semi-private swim lessons

Family swim lessons • Adult swim lessons



RED CROSS SWIM PRESCHOOL

Ages 3-5 years; unparented

Children will participate in the program without a parent and will be with the instructor at all times. Progression is based on skill evaluation.



Sea Otter 1st UNPARENTED LEVEL - Ages 3-5 yrs
Swimmers work on front and back floats and glide, kicking on front with a bouyant object and will be able to swim one metre upon completion of this level. *Note: If 6+ and Sea Otter is completed or not completed, register in Swim Kids Level 1.*



Salamander 2nd UNPARENTED LEVEL - Ages 3-5 yrs
Swimmers work on improving their front and back floats and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim two metres upon completion. *Note: If 6+ and Salamander is completed or not completed, register in Swim Kids Level 1.*



Sunfish 3rd UNPARENTED LEVEL - Ages 3-5 yrs
Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a personal floatation device and swim five metres continuously. *Note: If 6+ and Sunfish is not completed, register in Swim Kids Level 1; if 6+ and Sunfish is completed, register in Swim Kids Level 2.*



Crocodile 4th UNPARENTED LEVEL - Ages 3-5 yrs
Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a personal floatation device in deep water and swim 10 metres continuously. *Note: If 6+ and Crocodile is not completed, register in Swim Kids Level 2; if 6+ and Crocodile is completed, register in Swim Kids Level 3.*



Whale 5th UNPARENTED LEVEL - Ages 3-5 yrs
Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive and will be able to swim 15 metres continuously upon completion. *Note: If 6+ and Whale is completed or not completed, register in Swim Kids Level 3.*

See pages 18-23 for lesson times.



RED CROSS SWIM KIDS

Ages 6+

Red Cross Swim Kids is a 10-level program for children ages six and up that will help swimmers develop all five swimming strokes (front and back crawl, elementary back stroke, breast stroke and sidestroke), actively learn how to be safe around the water and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal best in distance and time, which will be a strong motivator through all 10 levels. Red Cross Swim Kids teaches more than swimming skills – it allows kids to strive for and reach their personal best. Progression is based on skill evaluation.

Swim Kids Level 1 Ages 6+

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits and swim 5 metres.

Swim Kids Level 2 Ages 6+

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

Swim Kids Level 3 Ages 6+

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a personal floatation device in deep water, float in deep water, and swim 15 metres continuously.

Swim Kids Level 4 Ages 6+

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, are introduced to sculling and swim 25 metres continuously.

Swim Kids Level 5 Ages 6+

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back and swim 50 metres continuously.

Swim Kids Level 6 Ages 6+

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive and swim 75 metres continuously.

Swim Kids Level 7 Ages 6+

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.

Swim Kids Level 8 Ages 6+

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and swim 300 metres continuously.

Swim Kids Level 9 Ages 6+

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive and swim 400 metres continuously.

Swim Kids Level 10 Ages 6+

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim and swim 500 metres continuously.

See pages 18-23 for lesson times.



RED CROSS ADULT SWIM LESSONS

Red Cross Adult Swim Lessons are designed to meet the needs of adults and adolescents. The lessons focus on basic swim skills as well as stroke and skill enhancement.

Red Cross Swim Basics 1

No previous swimming experience required. Participants learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and deep-water activities (assisted).

Red Cross Swim Strokes

Participants should be able to swim front and back crawl 15 metres continuously and be comfortable in deep water. Swimmers choose the stroke(s) they wish to focus on. Participation-based program with individual goals.

See page 23 for lesson times.



There is still time to register in end-of-summer swim lessons!

Late summer lessons begin August 12. Visit leisureonline.saskatoon.ca for more information or to register.

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|--|--------|-------------------|----------|---------|-----------|-------------------------------------|--------|-------------------|----------|----------|-----------|
| HARRY BAILEY AQUATIC CENTRE 1110 Idylwyld Drive | | | | | | Oct 9-Dec 11 | W | 05:40 PM-06:10 PM | 10 | \$82.00 | HB4030-04 |
| <i>Classes cancelled on Oct 14 & 31; Nov 11</i> | | | | | | Oct 9-Dec 11 | W | 07:05 PM-07:35 PM | 10 | \$82.00 | HB4030-05 |
| Starfish (Ages 4-12 mos) | | | | | | Crocodile (Ages 3-5 yrs) | | | | | |
| Sep 8-Nov 10 | Su | 11:50 AM-12:20 PM | 10 | \$82.00 | HB4003-01 | Sep 8-Nov 10 | Su | 12:05 PM-12:35 PM | 10 | \$82.00 | HB4035-01 |
| Sep 13-Nov 15 | F | 05:25 PM-05:55 PM | 10 | \$82.00 | HB4003-02 | Sep 13-Nov 15 | F | 05:10 PM-05:40 PM | 10 | \$82.00 | HB4035-02 |
| Oct 7-Dec 9 | M | 05:40 PM-06:10 PM | 8 | \$65.50 | HB4005-01 | Whale (Ages 3-5 yrs) | | | | | |
| Duck (Ages 12-24 mos) | | | | | | Sep 8-Nov 10 | Su | 09:45 AM-10:15 AM | 10 | \$82.00 | HB4047-01 |
| Sep 8-Nov 10 | Su | 10:10 AM-10:40 AM | 10 | \$82.00 | HB4008-01 | Swim Kids Level 01 (Ages 6+) | | | | | |
| Sep 9-Oct 2 | M/W | 06:15 PM-06:45 PM | 8 | \$65.50 | HB4010-01 | Sep 8-Nov 10 | Su | 09:10 AM-09:40 AM | 10 | \$82.00 | HB4053-01 |
| Sep 13-Nov 15 | F | 06:00 PM-06:30 PM | 10 | \$82.00 | HB4008-02 | Sep 8-Nov 10 | Su | 09:50 AM-10:20 AM | 10 | \$82.00 | HB4053-02 |
| Oct 7-Dec 9 | M | 05:05 PM-05:35 PM | 8 | \$65.50 | HB4010-02 | Sep 8-Nov 10 | Su | 10:40 AM-11:10 AM | 10 | \$82.00 | HB4053-03 |
| Sea Turtle (Ages 24-36 mos) | | | | | | Sep 8-Nov 10 | Su | 11:15 AM-11:45 AM | 10 | \$82.00 | HB4053-04 |
| Sep 8-Nov 10 | Su | 09:15 AM-09:45 AM | 10 | \$82.00 | HB4013-01 | Sep 8-Nov 10 | Su | 12:25 PM-12:55 PM | 10 | \$82.00 | HB4053-05 |
| Oct 7-Dec 9 | M | 06:50 PM-07:20 PM | 8 | \$65.50 | HB4015-01 | Sep 9-Oct 2 | M/W | 05:05 PM-05:35 PM | 8 | \$65.50 | HB4055-01 |
| Sea Otter (Ages 3-5 yrs) | | | | | | Sep 9-Oct 2 | M/W | 05:40 PM-06:10 PM | 8 | \$65.50 | HB4055-02 |
| Sep 8-Nov 10 | Su | 09:15 AM-09:45 AM | 10 | \$82.00 | HB4018-01 | Sep 13-Nov 15 | F | 04:35 PM-05:05 PM | 10 | \$82.00 | HB4053-06 |
| Sep 8-Nov 10 | Su | 09:50 AM-10:20 AM | 10 | \$82.00 | HB4018-02 | Sep 13-Nov 15 | F | 06:35 PM-07:05 PM | 10 | \$82.00 | HB4053-07 |
| Sep 8-Nov 10 | Su | 10:55 AM-11:25 AM | 10 | \$82.00 | HB4018-03 | Oct 7-Dec 9 | M | 06:15 PM-06:45 PM | 8 | \$65.50 | HB4055-03 |
| Sep 9-Oct 2 | M/W | 05:05 PM-05:35 PM | 8 | \$65.50 | HB4020-01 | Oct 7-Dec 11 | W | 05:05 PM-05:35 PM | 10 | \$82.00 | HB4053-08 |
| Sep 9-Oct 2 | M/W | 05:55 PM-06:25 PM | 8 | \$65.50 | HB4020-02 | Oct 9-Dec 11 | W | 07:40 PM-08:10 PM | 10 | \$82.00 | HB4053-09 |
| Sep 9-Oct 2 | M/W | 07:40 PM-08:10 PM | 8 | \$65.50 | HB4020-03 | Swim Kids Level 02 (Ages 6+) | | | | | |
| Sep 13-Nov 15 | F | 04:50 PM-05:20 PM | 10 | \$82.00 | HB4018-04 | Sep 8-Nov 10 | Su | 11:15 AM-11:45 AM | 10 | \$82.00 | HB4060-01 |
| Sep 13-Nov 15 | F | 05:25 PM-05:55 PM | 10 | \$82.00 | HB4018-05 | Sep 8-Nov 10 | Su | 11:50 AM-12:20 PM | 10 | \$82.00 | HB4060-02 |
| Sep 13-Nov 15 | F | 06:35 PM-07:05 PM | 10 | \$82.00 | HB4018-06 | Sep 9-Oct 2 | M/W | 05:40 PM-06:10 PM | 8 | \$65.50 | HB4062-01 |
| Sep 13-Nov 15 | F | 07:10 PM-07:40 PM | 10 | \$82.00 | HB4018-07 | Sep 9-Oct 2 | M/W | 07:40 PM-08:10 PM | 8 | \$65.50 | HB4062-02 |
| Oct 7-Dec 9 | M | 05:40 PM-06:10 PM | 8 | \$65.50 | HB4020-04 | Sep 13-Nov 15 | F | 04:35 PM-05:05 PM | 10 | \$82.00 | HB4060-03 |
| Oct 7-Dec 9 | M | 06:30 PM-07:00 PM | 8 | \$65.50 | HB4020-05 | Oct 7-Dec 9 | M | 06:30 PM-07:00 PM | 8 | \$65.50 | HB4062-03 |
| Oct 7-Dec 9 | M | 07:05 PM-07:35 PM | 8 | \$65.50 | HB4020-06 | Oct 7-Dec 9 | M | 07:40 PM-08:10 PM | 8 | \$65.50 | HB4062-04 |
| Oct 9-Dec 11 | W | 05:05 PM-05:35 PM | 10 | \$82.00 | HB4018-08 | Oct 9-Dec 11 | W | 06:30 PM-07:00 PM | 10 | \$82.00 | HB4060-04 |
| Oct 9-Dec 11 | W | 05:55 PM-06:25 PM | 10 | \$82.00 | HB4018-09 | Oct 9-Dec 11 | W | 07:40 PM-08:10 PM | 10 | \$82.00 | HB4060-05 |
| Oct 9-Dec 11 | W | 06:30 PM-07:00 PM | 10 | \$82.00 | HB4018-10 | Swim Kids Level 03 (Ages 6+) | | | | | |
| Oct 9-Dec 11 | W | 07:05 PM-07:35 PM | 10 | \$82.00 | HB4018-11 | Sep 8-Nov 10 | Su | 09:15 AM-09:45 AM | 10 | \$82.00 | HB4068-01 |
| Salamander (Ages 3-5 yrs) | | | | | | Sep 8-Nov 10 | Su | 10:20 AM-10:50 AM | 10 | \$82.00 | HB4068-02 |
| Sep 8-Nov 10 | Su | 09:15 AM-09:45 AM | 10 | \$82.00 | HB4025-01 | Sep 8-Nov 10 | Su | 11:50 AM-12:20 PM | 10 | \$82.00 | HB4068-03 |
| Sep 8-Nov 10 | Su | 10:40 AM-11:10 AM | 10 | \$82.00 | HB4025-02 | Sep 9-Oct 2 | M/W | 05:05 PM-05:35 PM | 8 | \$65.50 | HB4070-01 |
| Sep 8-Nov 10 | Su | 11:30 AM-12:00 PM | 10 | \$82.00 | HB4025-03 | Sep 9-Oct 2 | M/W | 06:30 PM-07:00 PM | 8 | \$65.50 | HB4070-02 |
| Sep 8-Nov 10 | Su | 11:50 AM-12:20 PM | 10 | \$82.00 | HB4025-04 | Sep 13-Nov 15 | F | 07:10 PM-07:40 PM | 10 | \$82.00 | HB4068-04 |
| Sep 9-Oct 2 | M/W | 05:55 PM-06:25 PM | 8 | \$65.50 | HB4027-01 | Oct 7-Dec 9 | M | 05:05 PM-05:35 PM | 8 | \$65.50 | HB4070-03 |
| Sep 9-Oct 2 | M/W | 06:30 PM-07:00 PM | 8 | \$65.50 | HB4027-02 | Oct 7-Dec 9 | M | 07:05 PM-07:35 PM | 8 | \$65.50 | HB4070-04 |
| Sep 9-Oct 2 | M/W | 07:05 PM-07:35 PM | 8 | \$65.50 | HB4027-03 | Oct 9-Dec 11 | W | 05:40 PM-06:10 PM | 10 | \$82.00 | HB4068-05 |
| Sep 9-Oct 2 | M/W | 07:40 PM-08:10 PM | 8 | \$65.50 | HB4027-04 | Oct 9-Dec 11 | W | 07:05 PM-07:35 PM | 10 | \$82.00 | HB4068-06 |
| Sep 13-Nov 15 | F | 05:25 PM-05:55 PM | 10 | \$82.00 | HB4025-05 | Swim Kids Level 04 (Ages 6+) | | | | | |
| Sep 13-Nov 15 | F | 06:00 PM-06:30 PM | 10 | \$82.00 | HB4025-06 | Sep 8-Nov 10 | Su | 11:15 AM-11:45 AM | 10 | \$82.00 | HB4074-01 |
| Sep 13-Nov 15 | F | 06:35 PM-07:05 PM | 10 | \$82.00 | HB4025-07 | Sep 9-Oct 2 | M/W | 07:05 PM-07:35 PM | 8 | \$65.50 | HB4076-02 |
| Oct 7-Dec 9 | M | 05:05 PM-05:35 PM | 8 | \$65.50 | HB4027-05 | Sep 9-Oct 2 | M/W | 05:40 PM-06:10 PM | 8 | \$65.50 | HB4076-01 |
| Oct 7-Dec 9 | M | 05:55 PM-06:25 PM | 8 | \$65.50 | HB4027-06 | Sep 13-Nov 15 | F | 05:10 PM-05:40 PM | 10 | \$82.00 | HB4074-02 |
| Oct 7-Dec 9 | M | 07:25 PM-07:55 PM | 8 | \$65.50 | HB4027-07 | Sep 13-Nov 15 | F | 07:10 PM-07:40 PM | 10 | \$82.00 | HB4074-03 |
| Oct 9-Dec 11 | W | 05:20 PM-05:50 PM | 10 | \$82.00 | HB4025-08 | Oct 7-Dec 9 | M | 05:55 PM-06:25 PM | 8 | \$65.50 | HB4076-03 |
| Oct 9-Dec 11 | W | 05:55 PM-06:25 PM | 10 | \$82.00 | HB4025-09 | Oct 7-Dec 9 | M | 07:05 PM-07:35 PM | 8 | \$65.50 | HB4076-04 |
| Oct 9-Dec 11 | W | 07:05 PM-07:35 PM | 10 | \$82.00 | HB4025-10 | Oct 9-Dec 11 | W | 06:30 PM-07:00 PM | 10 | \$82.00 | HB4074-04 |
| Oct 9-Dec 11 | W | 07:40 PM-08:10 PM | 10 | \$82.00 | HB4025-11 | Swim Kids Level 05 (Ages 6+) | | | | | |
| Sunfish (Ages 3-5 yrs) | | | | | | Sep 8-Nov 10 | Su | 09:20 AM-10:05 AM | 10 | \$107.75 | HB4087-01 |
| Sep 8-Nov 10 | Su | 10:10 AM-10:40 AM | 10 | \$82.00 | HB4030-01 | Sep 8-Nov 10 | Su | 10:25 AM-11:10 AM | 10 | \$107.75 | HB4087-02 |
| Sep 8-Nov 10 | Su | 12:25 PM-12:55 PM | 10 | \$82.00 | HB4030-02 | Sep 8-Nov 10 | Su | 11:50 AM-12:35 PM | 10 | \$107.75 | HB4087-03 |
| Sep 13-Nov 15 | F | 06:00 PM-06:30 PM | 10 | \$82.00 | HB4030-03 | Sep 9-Oct 2 | M/W | 05:05 PM-05:50 PM | 8 | \$86.25 | HB4089-01 |
| Oct 7-Dec 9 | M | 05:40 PM-06:10 PM | 8 | \$65.50 | HB4032-01 | Sep 9-Oct 2 | M/W | 06:50 PM-07:35 PM | 8 | \$86.25 | HB4089-02 |
| | | | | | | Sep 13-Nov 15 | F | 04:35 PM-05:20 PM | 10 | \$107.75 | HB4087-04 |
| | | | | | | Oct 7-Dec 9 | M | 06:15 PM-07:00 PM | 8 | \$86.25 | HB4089-03 |

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|-------------------------------------|--------|-------------------|----------|----------|-----------|------|--------|------|----------|-----|------|
| Oct 7-Dec 9 | M | 07:05 PM-07:50 PM | 8 | \$86.25 | HB4089-04 | | | | | | |
| Oct 9-Dec 11 | W | 05:05 PM-05:50 PM | 10 | \$107.75 | HB4087-05 | | | | | | |
| Swim Kids Level 06 (Ages 6+) | | | | | | | | | | | |
| Sep 8-Nov 10 | Su | 09:20 AM-10:05 AM | 10 | \$107.75 | HB4097-01 | | | | | | |
| Sep 8-Nov 10 | Su | 10:25 AM-11:10 AM | 10 | \$107.75 | HB4097-02 | | | | | | |
| Sep 8-Nov 10 | Su | 11:50 AM-12:35 PM | 10 | \$107.75 | HB4097-03 | | | | | | |
| Sep 9-Oct 2 | M/W | 05:05 PM-05:50 PM | 8 | \$86.25 | HB4099-01 | | | | | | |
| Sep 13-Nov 15 | F | 04:35 PM-05:20 PM | 10 | \$107.75 | HB4097-04 | | | | | | |
| Oct 7-Dec 9 | M | 06:15 PM-07:00 PM | 8 | \$86.25 | HB4099-02 | | | | | | |
| Oct 9-Dec 11 | W | 05:05 PM-05:50 PM | 10 | \$107.75 | HB4097-05 | | | | | | |
| Swim Kids Level 07 (Ages 6+) | | | | | | | | | | | |
| Sep 8-Nov 10 | Su | 09:50 AM-10:35 AM | 10 | \$107.75 | HB4106-01 | | | | | | |
| Sep 9-Oct 2 | M/W | 06:15 PM-07:00 PM | 8 | \$86.25 | HB4108-01 | | | | | | |
| Sep 13-Nov 15 | F | 05:45 PM-06:30 PM | 10 | \$107.75 | HB4106-02 | | | | | | |
| Oct 7-Dec 9 | M | 05:05 PM-05:50 PM | 8 | \$86.25 | HB4108-02 | | | | | | |
| Oct 9-Dec 11 | W | 06:15 PM-07:00 PM | 10 | \$107.75 | HB4106-03 | | | | | | |
| Swim Kids Level 08 (Ages 6+) | | | | | | | | | | | |
| Sep 8-Nov 10 | Su | 09:50 AM-10:35 AM | 10 | \$107.75 | HB4111-01 | | | | | | |
| Sep 9-Oct 2 | M/W | 06:15 PM-07:00 PM | 8 | \$86.25 | HB4113-01 | | | | | | |
| Sep 13-Nov 15 | F | 05:45 PM-06:30 PM | 10 | \$107.75 | HB4111-02 | | | | | | |
| Oct 7-Dec 9 | M | 05:05 PM-05:50 PM | 8 | \$86.25 | HB4113-02 | | | | | | |
| Oct 9-Dec 11 | W | 06:15 PM-07:00 PM | 10 | \$107.75 | HB4111-03 | | | | | | |
| Swim Kids Level 09 (Ages 6+) | | | | | | | | | | | |
| Sep 8-Nov 10 | Su | 12:45 AM-11:45 AM | 8 | \$98.50 | HB4121-01 | | | | | | |
| Sep 8-Nov 10 | Su | 10:45 AM-11:45 AM | 10 | \$123.25 | HB4119-01 | | | | | | |
| Sep 13-Nov 15 | F | 06:35 PM-07:35 PM | 10 | \$123.25 | HB4119-02 | | | | | | |
| Oct 9-Dec 11 | W | 07:05 PM-08:05 PM | 10 | \$123.25 | HB4119-03 | | | | | | |
| Swim Kids Level 10 (Ages 6+) | | | | | | | | | | | |
| Sep 8-Nov 10 | Su | 10:45 AM-11:45 AM | 10 | \$123.25 | HB4122-01 | | | | | | |
| Sep 9-Oct 2 | M/W | 07:05 PM-08:05 PM | 8 | \$98.50 | HB4124-01 | | | | | | |
| Sep 13-Nov 15 | F | 06:35 PM-07:35 PM | 10 | \$123.25 | HB4122-02 | | | | | | |



Easy, quick, click! Register online at
leisureonline.saskatoon.ca

See pages 2 & 15 for details.

LAKEWOOD CIVIC CENTRE 1635 Mc Kercher Drive

Classes cancelled on Oct 14 & 31; Nov 11

Starfish (Ages 4-12 mos)

| | | | | | |
|---------------|----|-------------------|----|---------|-----------|
| Sep 7-Nov 9 | Sa | 09:00 AM-09:30 AM | 10 | \$82.00 | LW4003-01 |
| Sep 8-Nov 10 | Su | 06:40 PM-07:10 PM | 10 | \$82.00 | LW4003-02 |
| Sep 9-Nov 25 | M | 10:20 AM-10:50 AM | 10 | \$82.00 | LW4003-03 |
| Sep 9-Nov 25 | M | 05:20 PM-05:50 PM | 10 | \$82.00 | LW4003-04 |
| Sep 10-Nov 12 | Tu | 03:00 PM-03:30 PM | 10 | \$82.00 | LW4003-05 |
| Sep 10-Nov 12 | Tu | 06:25 PM-06:55 PM | 10 | \$82.00 | LW4003-06 |
| Sep 11-Nov 13 | W | 10:20 AM-10:50 AM | 10 | \$82.00 | LW4003-07 |
| Sep 11-Nov 13 | W | 05:10 PM-05:40 PM | 10 | \$82.00 | LW4003-08 |
| Sep 12-Nov 21 | Th | 10:20 AM-10:50 AM | 10 | \$82.00 | LW4003-09 |
| Sep 12-Nov 21 | Th | 03:00 PM-03:30 PM | 10 | \$82.00 | LW4003-10 |

Duck (Ages 12-24 mos)

| | | | | | |
|---------------|----|-------------------|----|---------|-----------|
| Sep 7-Nov 9 | Sa | 09:40 AM-10:10 AM | 10 | \$82.00 | LW4008-01 |
| Sep 7-Nov 9 | Sa | 12:20 PM-12:50 PM | 10 | \$82.00 | LW4008-02 |
| Sep 8-Nov 10 | Su | 06:05 PM-06:35 PM | 10 | \$82.00 | LW4008-03 |
| Sep 9-Nov 25 | M | 06:30 PM-07:00 PM | 10 | \$82.00 | LW4008-04 |
| Sep 10-Nov 12 | Tu | 09:10 AM-09:40 AM | 10 | \$82.00 | LW4008-05 |
| Sep 11-Nov 13 | W | 07:00 PM-07:30 PM | 10 | \$82.00 | LW4008-06 |
| Sep 12-Nov 21 | Th | 02:25 PM-02:55 PM | 10 | \$82.00 | LW4008-07 |
| Sep 13-Nov 15 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | LW4008-08 |

Sea Turtle (Ages 24-36 mos)

| | | | | | |
|---------------|-----|-------------------|----|---------|-----------|
| Sep 7-Nov 9 | Sa | 10:50 AM-11:20 AM | 10 | \$82.00 | LW4013-01 |
| Sep 8-Nov 10 | Su | 05:30 PM-06:00 PM | 10 | \$82.00 | LW4013-02 |
| Sep 9-Nov 25 | M | 04:35 PM-05:05 PM | 10 | \$82.00 | LW4013-03 |
| Sep 10-Nov 12 | Tu | 02:25 PM-02:55 PM | 10 | \$82.00 | LW4013-04 |
| Sep 11-Nov 13 | W | 06:25 PM-06:55 PM | 10 | \$82.00 | LW4013-05 |
| Sep 13-Nov 15 | F | 10:20 AM-10:50 AM | 10 | \$82.00 | LW4013-06 |
| Dec 2-13 | M-F | 04:30 PM-05:00 PM | 10 | \$82.00 | LW4013-07 |

Sea Otter (Ages 3-5 yrs)

| | | | | | |
|-------------|----|-------------------|----|---------|-----------|
| Sep 7-Nov 9 | Sa | 09:35 AM-10:05 AM | 10 | \$82.00 | LW4018-01 |
| Sep 7-Nov 9 | Sa | 10:15 AM-10:45 AM | 10 | \$82.00 | LW4018-02 |

| | | | | | |
|---------------|-----|-------------------|----|---------|-----------|
| Sep 7-Nov 9 | Sa | 11:45 AM-12:15 PM | 10 | \$82.00 | LW4018-03 |
| Sep 7-Nov 9 | Sa | 12:25 PM-12:55 PM | 10 | \$82.00 | LW4018-04 |
| Sep 8-Nov 10 | Su | 05:35 PM-06:05 PM | 10 | \$82.00 | LW4018-05 |
| Sep 8-Nov 10 | Su | 06:05 PM-06:35 PM | 10 | \$82.00 | LW4018-06 |
| Sep 8-Nov 10 | Su | 07:25 PM-07:55 PM | 10 | \$82.00 | LW4018-07 |
| Sep 9-Nov 25 | M | 09:10 AM-09:40 AM | 10 | \$82.00 | LW4018-08 |
| Sep 9-Nov 25 | M | 04:30 PM-05:00 PM | 10 | \$82.00 | LW4018-09 |
| Sep 9-Nov 25 | M | 05:20 PM-05:50 PM | 10 | \$82.00 | LW4018-10 |
| Sep 9-Nov 25 | M | 05:45 PM-06:15 PM | 10 | \$82.00 | LW4018-11 |
| Sep 10-Nov 12 | Tu | 09:45 AM-10:15 AM | 10 | \$82.00 | LW4018-12 |
| Sep 10-Nov 12 | Tu | 01:50 PM-02:20 PM | 10 | \$82.00 | LW4018-13 |
| Sep 10-Nov 12 | Tu | 05:25 PM-05:55 PM | 10 | \$82.00 | LW4018-14 |
| Sep 10-Nov 12 | Tu | 06:10 PM-06:40 PM | 10 | \$82.00 | LW4018-15 |
| Sep 10-Nov 12 | Tu | 07:20 PM-07:50 PM | 10 | \$82.00 | LW4018-16 |
| Sep 11-Nov 13 | W | 09:45 AM-10:15 AM | 10 | \$82.00 | LW4018-17 |
| Sep 11-Nov 13 | W | 04:40 PM-05:10 PM | 10 | \$82.00 | LW4018-18 |
| Sep 11-Nov 13 | W | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4018-19 |
| Sep 11-Nov 13 | W | 05:45 PM-06:15 PM | 10 | \$82.00 | LW4018-20 |
| Sep 11-Nov 13 | W | 06:25 PM-06:55 PM | 10 | \$82.00 | LW4018-21 |
| Sep 11-Nov 13 | W | 06:50 PM-07:20 PM | 10 | \$82.00 | LW4018-22 |
| Sep 12-Nov 21 | Th | 09:10 AM-09:40 AM | 10 | \$82.00 | LW4018-23 |
| Sep 12-Nov 21 | Th | 01:50 PM-02:20 PM | 10 | \$82.00 | LW4018-24 |
| Sep 12-Nov 21 | Th | 05:15 PM-05:45 PM | 10 | \$82.00 | LW4018-25 |
| Sep 12-Nov 21 | Th | 05:40 PM-06:10 PM | 10 | \$82.00 | LW4018-26 |
| Sep 12-Nov 21 | Th | 06:45 PM-07:15 PM | 10 | \$82.00 | LW4018-27 |
| Sep 12-Nov 21 | Th | 07:25 PM-07:55 PM | 10 | \$82.00 | LW4018-28 |
| Sep 13-Nov 15 | F | 09:45 AM-10:15 AM | 10 | \$82.00 | LW4018-29 |
| Sep 13-Nov 15 | F | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4018-30 |
| Sep 13-Nov 15 | F | 06:25 PM-06:55 PM | 10 | \$82.00 | LW4018-31 |
| Dec 2-13 | M-F | 04:30 PM-05:00 PM | 10 | \$82.00 | LW4018-32 |
| Dec 2-13 | M-F | 05:40 PM-06:10 PM | 10 | \$82.00 | LW4018-33 |

Salamander (Ages 3-5 yrs)

| | | | | | |
|---------------|----|-------------------|----|---------|-----------|
| Sep 7-Nov 9 | Sa | 09:05 AM-09:35 AM | 10 | \$82.00 | LW4025-01 |
| Sep 7-Nov 9 | Sa | 11:10 AM-11:40 AM | 10 | \$82.00 | LW4025-02 |
| Sep 8-Nov 10 | Su | 05:30 PM-06:00 PM | 10 | \$82.00 | LW4025-03 |
| Sep 8-Nov 10 | Su | 06:25 PM-06:55 PM | 10 | \$82.00 | LW4025-04 |
| Sep 8-Nov 10 | Su | 07:25 PM-07:55 PM | 10 | \$82.00 | LW4025-05 |
| Sep 9-Nov 25 | M | 09:45 AM-10:15 AM | 10 | \$82.00 | LW4025-06 |
| Sep 9-Nov 25 | M | 05:10 PM-05:40 PM | 10 | \$82.00 | LW4025-07 |
| Sep 9-Nov 25 | M | 06:30 PM-07:00 PM | 10 | \$82.00 | LW4025-08 |
| Sep 10-Nov 12 | Tu | 10:20 AM-10:50 AM | 10 | \$82.00 | LW4025-09 |
| Sep 10-Nov 12 | Tu | 01:15 PM-01:45 PM | 10 | \$82.00 | LW4025-10 |
| Sep 10-Nov 12 | Tu | 04:45 PM-05:15 PM | 10 | \$82.00 | LW4025-11 |
| Sep 10-Nov 12 | Tu | 05:40 PM-06:10 PM | 10 | \$82.00 | LW4025-12 |
| Sep 10-Nov 12 | Tu | 06:45 PM-07:15 PM | 10 | \$82.00 | LW4025-13 |
| Sep 10-Nov 12 | Tu | 07:20 PM-07:50 PM | 10 | \$82.00 | LW4025-14 |
| Sep 11-Nov 13 | W | 09:10 AM-09:40 AM | 10 | \$82.00 | LW4025-15 |
| Sep 11-Nov 13 | W | 04:35 PM-05:05 PM | 10 | \$82.00 | LW4025-16 |
| Sep 11-Nov 13 | W | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4025-17 |
| Sep 11-Nov 13 | W | 07:00 PM-07:30 PM | 10 | \$82.00 | LW4025-18 |
| Sep 12-Nov 21 | Th | 09:45 AM-10:15 AM | 10 | \$82.00 | LW4025-19 |
| Sep 12-Nov 21 | Th | 01:15 PM-01:45 PM | 10 | \$82.00 | LW4025-20 |
| Sep 12-Nov 21 | Th | 04:40 PM-05:10 PM | 10 | \$82.00 | LW4025-21 |
| Sep 12-Nov 21 | Th | 05:15 PM-05:45 PM | 10 | \$82.00 | LW4025-22 |
| Sep 12-Nov 21 | Th | 06:00 PM-06:30 PM | 10 | \$82.00 | LW4025-23 |
| Sep 12-Nov 21 | Th | 06:25 PM-06:55 PM | 10 | \$82.00 | LW4025-24 |

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|-------------------------------------|--------|-------------------|----------|---------|-----------|---|--------|-------------------|----------|----------|-----------|
| Sep 13-Nov 15 | F | 09:10 AM-09:40 AM | 10 | \$82.00 | LW4025-25 | Swim Kids Level 04 (Ages 6+) | | | | | |
| Sep 13-Nov 15 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | LW4025-26 | Sep 7-Nov 9 | Sa | 09:40 AM-10:10 AM | 10 | \$82.00 | LW4074-01 |
| Sep 13-Nov 15 | F | 05:50 PM-06:20 PM | 10 | \$82.00 | LW4025-27 | Sep 7-Nov 9 | Sa | 11:00 AM-11:30 AM | 10 | \$82.00 | LW4074-02 |
| Dec 2-13 | M-F | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4025-28 | Sep 8-Nov 10 | Su | 05:30 PM-06:00 PM | 10 | \$82.00 | LW4074-03 |
| Sunfish (Ages 3-5 yrs) | | | | | | Sep 10-Nov 12 | Tu | 06:00 PM-06:30 PM | 10 | \$82.00 | LW4074-04 |
| Sep 7-Nov 9 | Sa | 09:00 AM-09:30 AM | 10 | \$82.00 | LW4030-01 | Sep 10-Nov 12 | Tu | 07:35 PM-08:05 PM | 10 | \$82.00 | LW4074-05 |
| Sep 7-Nov 9 | Sa | 10:15 AM-10:45 AM | 10 | \$82.00 | LW4030-02 | Sep 11-Nov 13 | W | 04:30 PM-05:00 PM | 10 | \$82.00 | LW4074-06 |
| Sep 7-Nov 9 | Sa | 12:25 PM-12:55 PM | 10 | \$82.00 | LW4030-03 | Sep 11-Nov 13 | W | 06:05 PM-06:35 PM | 10 | \$82.00 | LW4074-07 |
| Sep 8-Nov 10 | Su | 08:00 PM-08:30 PM | 10 | \$82.00 | LW4030-04 | Sep 11-Nov 13 | W | 07:25 PM-07:55 PM | 10 | \$82.00 | LW4074-08 |
| Sep 9-Nov 25 | M | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4030-05 | Sep 12-Nov 21 | Th | 05:25 PM-05:55 PM | 10 | \$82.00 | LW4074-09 |
| Sep 9-Nov 25 | M | 06:20 PM-06:50 PM | 10 | \$82.00 | LW4030-06 | Sep 12-Nov 21 | Th | 07:35 PM-08:05 PM | 10 | \$82.00 | LW4074-10 |
| Sep 10-Nov 12 | Tu | 06:10 PM-06:40 PM | 10 | \$82.00 | LW4030-07 | Sep 13-Nov 15 | F | 05:10 PM-05:40 PM | 10 | \$82.00 | LW4074-11 |
| Sep 10-Nov 12 | Tu | 06:55 PM-07:25 PM | 10 | \$82.00 | LW4030-08 | Sep 13-Nov 15 | F | 05:40 PM-06:10 PM | 10 | \$82.00 | LW4074-12 |
| Sep 11-Nov 13 | W | 04:40 PM-05:10 PM | 10 | \$82.00 | LW4030-09 | Swim Kids Level 05 (Ages 6+) | | | | | |
| Sep 11-Nov 13 | W | 07:25 PM-07:55 PM | 10 | \$82.00 | LW4030-10 | Sep 7-Nov 9 | Sa | 10:10 AM-10:55 AM | 10 | \$107.75 | LW4087-01 |
| Sep 12-Nov 21 | Th | 06:00 PM-06:30 PM | 10 | \$82.00 | LW4030-11 | Sep 8-Nov 10 | Su | 05:30 PM-06:15 PM | 10 | \$107.75 | LW4087-02 |
| Sep 12-Nov 21 | Th | 07:20 PM-07:50 PM | 10 | \$82.00 | LW4030-12 | Sep 9-Nov 25 | M | 04:30 PM-05:15 PM | 10 | \$107.75 | LW4087-03 |
| Sep 13-Nov 15 | F | 04:40 PM-05:10 PM | 10 | \$82.00 | LW4030-13 | Sep 10-Nov 12 | Tu | 04:35 PM-05:20 PM | 10 | \$107.75 | LW4087-04 |
| Sep 13-Nov 15 | F | 06:20 PM-06:50 PM | 10 | \$82.00 | LW4030-14 | Sep 11-Nov 13 | W | 05:15 PM-06:00 PM | 10 | \$107.75 | LW4087-05 |
| Crocodile (Ages 3-5 yrs) | | | | | | Sep 12-Nov 21 | Th | 04:35 PM-05:20 PM | 10 | \$107.75 | LW4087-06 |
| Sep 7-Nov 9 | Sa | 09:05 AM-09:35 AM | 10 | \$82.00 | LW4035-01 | Sep 13-Nov 15 | F | 05:55 PM-06:40 PM | 10 | \$107.75 | LW4087-07 |
| Sep 7-Nov 9 | Sa | 11:35 AM-12:05 PM | 10 | \$82.00 | LW4035-02 | Swim Kids Level 06 (Ages 6+) | | | | | |
| Sep 8-Nov 10 | Su | 06:05 PM-06:35 PM | 10 | \$82.00 | LW4035-03 | Sep 7-Nov 9 | Sa | 10:10 AM-10:55 AM | 10 | \$107.75 | LW4097-01 |
| Sep 9-Nov 25 | M | 05:55 PM-06:25 PM | 10 | \$82.00 | LW4035-04 | Sep 10-Nov 12 | Tu | 04:35 PM-05:20 PM | 10 | \$107.75 | LW4097-02 |
| Sep 10-Nov 12 | Tu | 05:25 PM-05:55 PM | 10 | \$82.00 | LW4035-05 | Sep 12-Nov 21 | Th | 04:35 PM-05:20 PM | 10 | \$107.75 | LW4097-03 |
| Sep 11-Nov 13 | W | 05:40 PM-06:10 PM | 10 | \$82.00 | LW4035-06 | Swim Kids Level 06/07 Split (Ages 6+) | | | | | |
| Sep 12-Nov 21 | Th | 07:00 PM-07:30 PM | 10 | \$82.00 | LW4035-07 | Sep 8-Nov 10 | Su | 06:55 PM-07:40 PM | 10 | \$107.75 | LW4092-01 |
| Whale (Ages 3-5 yrs) | | | | | | Sep 9-Nov 25 | M | 05:40 PM-06:25 PM | 10 | \$107.75 | LW4092-02 |
| Sep 7-Nov 9 | Sa | 12:10 PM-12:40 PM | 10 | \$82.00 | LW4047-01 | Sep 11-Nov 13 | W | 05:15 PM-06:00 PM | 10 | \$107.75 | LW4092-03 |
| Sep 9-Nov 25 | M | 04:35 PM-05:05 PM | 10 | \$82.00 | LW4047-02 | Sep 13-Nov 15 | F | 06:15 PM-07:00 PM | 10 | \$107.75 | LW4092-04 |
| Swim Kids Level 01 (Ages 6+) | | | | | | Swim Kids Level 07 (Ages 6+) | | | | | |
| Sep 7-Nov 9 | Sa | 09:35 AM-10:05 AM | 10 | \$82.00 | LW4053-01 | Sep 7-Nov 9 | Sa | 11:35 AM-12:20 PM | 10 | \$107.75 | LW4106-01 |
| Sep 7-Nov 9 | Sa | 11:45 AM-12:15 PM | 10 | \$82.00 | LW4053-02 | Sep 10-Nov 12 | Tu | 05:20 PM-06:05 PM | 10 | \$107.75 | LW4106-02 |
| Sep 8-Nov 10 | Su | 06:40 PM-07:10 PM | 10 | \$82.00 | LW4053-03 | Sep 12-Nov 21 | Th | 05:50 PM-06:35 PM | 10 | \$107.75 | LW4106-03 |
| Sep 9-Nov 25 | M | 05:55 PM-06:25 PM | 10 | \$82.00 | LW4053-04 | Swim Kids Level 08 (Ages 6+) | | | | | |
| Sep 10-Nov 12 | Tu | 04:45 PM-05:15 PM | 10 | \$82.00 | LW4053-05 | Sep 7-Nov 9 | Sa | 11:35 AM-12:20 PM | 10 | \$107.75 | LW4111-01 |
| Sep 10-Nov 12 | Tu | 06:45 PM-07:15 PM | 10 | \$82.00 | LW4053-06 | Sep 9-Nov 25 | M | 04:30 PM-05:15 PM | 10 | \$107.75 | LW4111-02 |
| Sep 11-Nov 13 | W | 04:30 PM-05:00 PM | 10 | \$82.00 | LW4053-07 | Sep 10-Nov 12 | Tu | 05:20 PM-06:05 PM | 10 | \$107.75 | LW4111-03 |
| Sep 11-Nov 13 | W | 06:30 PM-07:00 PM | 10 | \$82.00 | LW4053-08 | Sep 11-Nov 13 | W | 07:05 PM-07:50 PM | 10 | \$107.75 | LW4111-04 |
| Sep 12-Nov 21 | Th | 04:40 PM-05:10 PM | 10 | \$82.00 | LW4053-09 | Sep 12-Nov 21 | Th | 05:50 PM-06:35 PM | 10 | \$107.75 | LW4111-05 |
| Sep 12-Nov 21 | Th | 06:45 PM-07:15 PM | 10 | \$82.00 | LW4053-10 | Sep 13-Nov 15 | F | 05:05 PM-05:50 PM | 10 | \$107.75 | LW4111-06 |
| Sep 13-Nov 15 | F | 05:45 PM-06:15 PM | 10 | \$82.00 | LW4053-11 | Swim Kids Level 09/10 Split (Ages 6+) | | | | | |
| Dec 2-13 | M-F | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4053-12 | Sep 7-Nov 9 | Sa | 09:10 AM-10:10 AM | 10 | \$123.25 | LW4116-01 |
| Swim Kids Level 02 (Ages 6+) | | | | | | Sep 9-Nov 25 | M | 05:45 PM-06:45 PM | 10 | \$123.25 | LW4116-02 |
| Sep 7-Nov 9 | Sa | 10:15 AM-10:45 AM | 10 | \$82.00 | LW4060-01 | Sep 10-Nov 12 | Tu | 06:55 PM-07:55 PM | 10 | \$123.25 | LW4116-03 |
| Sep 7-Nov 9 | Sa | 11:10 AM-11:40 AM | 10 | \$82.00 | LW4060-02 | Sep 12-Nov 21 | Th | 06:50 PM-07:50 PM | 10 | \$123.25 | LW4116-04 |
| Sep 8-Nov 10 | Su | 07:10 PM-07:40 PM | 10 | \$82.00 | LW4060-03 | Dec 2-13 | M-F | 05:40 PM-06:40 PM | 10 | \$123.25 | LW4116-05 |
| Sep 9-Nov 25 | M | 05:10 PM-05:40 PM | 10 | \$82.00 | LW4060-04 | <hr/> | | | | | |
| Sep 10-Nov 12 | Tu | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4060-05 | LAWSON CIVIC CENTRE 225 Primrose Drive | | | | | |
| Sep 10-Nov 12 | Tu | 07:30 PM-08:00 PM | 10 | \$82.00 | LW4060-06 | <i>Classes cancelled on Oct 14 & 31; Nov 11</i> | | | | | |
| Sep 11-Nov 13 | W | 05:40 PM-06:10 PM | 10 | \$82.00 | LW4060-07 | Starfish (Ages 4-12 mos) | | | | | |
| Sep 11-Nov 13 | W | 06:50 PM-07:20 PM | 10 | \$82.00 | LW4060-08 | Sep 7-Nov 9 | Sa | 11:20 AM-11:50 AM | 10 | \$82.00 | LC4003-01 |
| Sep 12-Nov 21 | Th | 05:05 PM-05:35 PM | 10 | \$82.00 | LW4060-09 | Sep 8-Oct 2 | M/W | 10:05 AM-10:35 AM | 8 | \$65.50 | LC4005-01 |
| Sep 12-Nov 21 | Th | 07:20 PM-07:50 PM | 10 | \$82.00 | LW4060-10 | Sep 10-Oct 3 | Tu/Th | 05:20 PM-05:50 PM | 8 | \$65.50 | LC4005-02 |
| Sep 13-Nov 15 | F | 04:35 PM-05:05 PM | 10 | \$82.00 | LW4060-11 | Oct 7-Dec 9 | M | 10:05 AM-10:35 AM | 8 | \$65.50 | LC4005-03 |
| Dec 2-13 | M-F | 06:15 PM-06:45 PM | 10 | \$82.00 | LW4060-12 | Oct 7-Dec 9 | M | 05:40 PM-06:10 PM | 8 | \$65.50 | LC4005-04 |
| Swim Kids Level 03 (Ages 6+) | | | | | | Oct 10-Dec 5 | Th | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4005-05 |
| Sep 7-Nov 9 | Sa | 11:00 AM-11:30 AM | 10 | \$82.00 | LW4068-01 | Duck (Ages 12-24 mos) | | | | | |
| Sep 7-Nov 9 | Sa | 12:20 PM-12:50 PM | 10 | \$82.00 | LW4068-02 | Sep 7-Nov 9 | Sa | 09:05 AM-09:35 AM | 10 | \$82.00 | LC4008-01 |
| Sep 8-Nov 10 | Su | 06:40 PM-07:10 PM | 10 | \$82.00 | LW4068-03 | Oct 8-Nov 26 | Tu | 05:55 PM-06:25 PM | 8 | \$65.50 | LC4010-1 |
| Sep 9-Nov 25 | M | 06:30 PM-07:00 PM | 10 | \$82.00 | LW4068-04 | Oct 9-Nov 27 | W | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4010-02 |
| Sep 10-Nov 12 | Tu | 06:00 PM-06:30 PM | 10 | \$82.00 | LW4068-05 | Oct 10-Dec 5 | Th | 05:20 PM-05:50 PM | 8 | \$65.50 | LC4010-03 |
| Sep 10-Nov 12 | Tu | 07:00 PM-07:30 PM | 10 | \$82.00 | LW4068-06 | Sea Turtle (Ages 24-36 mos) | | | | | |
| Sep 11-Nov 13 | W | 06:05 PM-06:35 PM | 10 | \$82.00 | LW4068-07 | Sep 7-Nov 9 | Sa | 10:25 AM-10:55 AM | 10 | \$82.00 | LC4013-01 |
| Sep 11-Nov 13 | W | 07:35 PM-08:05 PM | 10 | \$82.00 | LW4068-08 | Sep 9-Oct 2 | M/W | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4015-01 |
| Sep 12-Nov 21 | Th | 05:25 PM-05:55 PM | 10 | \$82.00 | LW4068-09 | | | | | | |
| Sep 12-Nov 21 | Th | 06:50 PM-07:20 PM | 10 | \$82.00 | LW4068-10 | | | | | | |
| Sep 13-Nov 15 | F | 05:15 PM-05:45 PM | 10 | \$82.00 | LW4068-11 | | | | | | |

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|---------------------------------|--------|-------------------|----------|---------|-----------|----------------------------------|--------|-------------------|----------|---------|-----------|
| Sep 10-Oct 3 | Tu/Th | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4015-02 | Dec 10-20 | M-F | 06:20 PM-06:50 PM | 9 | \$74.00 | LC4019-02 |
| Sep 10-Oct 3 | Tu/Th | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4015-03 | Salamander (Ages 3-5 yrs) | | | | | |
| Sep 13-Nov 15 | F | 11:15 AM-11:45 AM | 10 | \$82.00 | LC4013-02 | Sep 7-Nov 9 | Sa | 09:40 AM-10:10 AM | 10 | \$82.00 | LC4025-01 |
| Sep 13-Nov 15 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | LC4013-03 | Sep 7-Nov 9 | Sa | 10:10 AM-10:40 AM | 10 | \$82.00 | LC4025-02 |
| Oct 7-Dec 9 | M | 02:15 PM-02:45 PM | 8 | \$65.50 | LC4015-04 | Sep 7-Nov 9 | Sa | 10:30 AM-11:00 AM | 10 | \$82.00 | LC4025-03 |
| Oct 7-Dec 9 | M | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4015-05 | Sep 9-Oct 2 | M/W | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4027-01 |
| Oct 8-Nov 26 | Tu | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4015-06 | Sep 9-Oct 2 | M/W | 02:15 PM-02:45 PM | 8 | \$65.50 | LC4027-02 |
| Oct 9-Nov 27 | W | 02:15 PM-02:45 PM | 8 | \$65.50 | LC4015-07 | Sep 10-Oct 3 | Tu/Th | 10:40 AM-11:10 AM | 8 | \$65.50 | LC4027-03 |
| Oct 10-Dec 5 | Th | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4015-08 | Sep 10-Oct 3 | Tu/Th | 05:05 PM-05:35 PM | 8 | \$65.50 | LC4027-04 |
| Dec 10-20 | M-F | 06:30 PM-07:00 PM | 9 | \$74.00 | LC4014-01 | Sep 10-Oct 3 | Tu/Th | 05:45 PM-06:15 PM | 8 | \$65.50 | LC4027-05 |
| Sea Otter (Ages 3-5 yrs) | | | | | | Sep 10-Oct 3 | Tu/Th | 06:20 PM-06:50 PM | 8 | \$65.50 | LC4027-06 |
| Sep 7-Nov 9 | Sa | 09:05 AM-09:35 AM | 10 | \$82.00 | LC4018-01 | Sep 10-Oct 3 | Tu/Th | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4027-07 |
| Sep 7-Nov 9 | Sa | 09:50 AM-10:20 AM | 10 | \$82.00 | LC4018-02 | Sep 13-Nov 15 | F | 10:40 AM-11:10 AM | 10 | \$82.00 | LC4025-04 |
| Sep 7-Nov 9 | Sa | 10:45 AM-11:15 AM | 10 | \$82.00 | LC4018-03 | Sep 13-Nov 15 | F | 04:35 PM-05:05 PM | 10 | \$82.00 | LC4025-05 |
| Sep 7-Nov 9 | Sa | 11:05 AM-11:35 AM | 10 | \$82.00 | LC4018-04 | Sep 13-Nov 15 | F | 05:05 PM-05:35 PM | 10 | \$82.00 | LC4025-06 |
| Sep 7-Nov 9 | Sa | 11:20 AM-11:50 AM | 10 | \$82.00 | LC4018-05 | Sep 13-Nov 15 | F | 06:30 PM-07:00 PM | 10 | \$82.00 | LC4025-07 |
| Sep 9-Oct 2 | M/W | 10:40 AM-11:10 AM | 8 | \$65.50 | LC4020-01 | Oct 7-Dec 9 | M | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4027-08 |
| Sep 9-Oct 2 | M/W | 01:05 PM-01:35 PM | 8 | \$65.50 | LC4020-02 | Oct 7-Dec 9 | M | 01:05 PM-01:35 PM | 8 | \$65.50 | LC4027-09 |
| Sep 9-Oct 2 | M/W | 01:40 PM-02:10 PM | 8 | \$65.50 | LC4020-03 | Oct 7-Dec 9 | M | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4027-10 |
| Sep 10-Oct 3 | Tu/Th | 10:05 AM-10:35 AM | 8 | \$65.50 | LC4020-04 | Oct 7-Dec 9 | M | 06:55 PM-07:25 PM | 8 | \$65.50 | LC4027-11 |
| Sep 10-Oct 3 | Tu/Th | 11:20 AM-11:50 AM | 8 | \$65.50 | LC4020-05 | Oct 8-Nov 26 | Tu | 10:40 AM-11:10 AM | 8 | \$65.50 | LC4027-12 |
| Sep 10-Oct 3 | Tu/Th | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4020-06 | Oct 8-Nov 26 | Tu | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4027-13 |
| Sep 10-Oct 3 | Tu/Th | 05:55 PM-06:25 PM | 8 | \$65.50 | LC4020-07 | Oct 8-Nov 26 | Tu | 05:05 PM-05:35 PM | 8 | \$65.50 | LC4027-14 |
| Sep 13-Nov 15 | F | 10:05 AM-10:35 AM | 10 | \$82.00 | LC4018-06 | Oct 8-Nov 26 | Tu | 06:20 PM-06:50 PM | 8 | \$65.50 | LC4027-15 |
| Sep 13-Nov 15 | F | 05:10 PM-05:40 PM | 10 | \$82.00 | LC4018-07 | Oct 8-Nov 26 | Tu | 07:05 PM-07:35 PM | 8 | \$65.50 | LC4027-16 |
| Sep 13-Nov 15 | F | 05:40 PM-06:10 PM | 10 | \$82.00 | LC4018-08 | Oct 9-Nov 27 | W | 10:05 AM-10:35 AM | 8 | \$65.50 | LC4027-17 |
| Sep 13-Nov 15 | F | 06:15 PM-06:45 PM | 10 | \$82.00 | LC4018-09 | Oct 9-Nov 27 | W | 01:05 PM-01:35 PM | 8 | \$65.50 | LC4027-18 |
| Oct 7-Dec 9 | M | 10:40 AM-11:10 AM | 8 | \$65.50 | LC4020-08 | Oct 10-Dec 5 | Th | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4027-19 |
| Oct 7-Dec 9 | M | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4020-09 | Oct 10-Dec 5 | Th | 05:05 PM-05:35 PM | 8 | \$65.50 | LC4027-20 |
| Oct 7-Dec 9 | M | 01:40 PM-02:10 PM | 8 | \$65.50 | LC4020-10 | Oct 10-Dec 5 | Th | 05:45 PM-06:15 PM | 8 | \$65.50 | LC4027-21 |
| Oct 7-Dec 9 | M | 05:05 PM-05:35 PM | 8 | \$65.50 | LC4020-11 | Oct 10-Dec 5 | Th | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4027-22 |
| Oct 7-Dec 9 | M | 05:55 PM-06:25 PM | 8 | \$65.50 | LC4020-12 | Oct 10-Dec 5 | Th | 06:55 PM-07:25 PM | 8 | \$65.50 | LC4027-23 |
| Oct 7-Dec 9 | M | 06:20 PM-06:50 PM | 8 | \$65.50 | LC4020-13 | Dec 10-20 | M-F | 05:10 PM-05:40 PM | 9 | \$74.00 | LC4026-01 |
| Oct 8-Nov 26 | Tu | 10:05 AM-10:35 AM | 8 | \$65.50 | LC4020-14 | Dec 10-20 | M-F | 05:45 PM-06:15 PM | 9 | \$74.00 | LC4026-02 |
| Oct 8-Nov 26 | Tu | 11:10 AM-11:40 AM | 8 | \$65.50 | LC4020-15 | Sunfish (Ages 3-5 yrs) | | | | | |
| Oct 8-Nov 26 | Tu | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4020-16 | Sep 7-Nov 9 | Sa | 09:00 AM-09:30 AM | 10 | \$82.00 | LC4030-01 |
| Oct 8-Nov 26 | Tu | 05:05 PM-05:35 PM | 8 | \$65.50 | LC4020-17 | Sep 7-Nov 9 | Sa | 11:35 AM-12:05 PM | 10 | \$82.00 | LC4030-02 |
| Oct 8-Nov 26 | Tu | 05:40 PM-06:10 PM | 8 | \$65.50 | LC4020-18 | Sep 9-Oct 2 | M/W | 01:05 PM-01:35 PM | 8 | \$65.50 | LC4032-01 |
| Oct 8-Nov 26 | Tu | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4020-19 | Sep 10-Oct 3 | Tu/Th | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4032-02 |
| Oct 9-Nov 27 | W | 10:40 AM-11:10 AM | 8 | \$65.50 | LC4020-20 | Oct 7-Dec 9 | M | 01:05 PM-01:35 PM | 8 | \$65.50 | LC4032-03 |
| Oct 9-Nov 27 | W | 01:05 PM-01:35 PM | 8 | \$65.50 | LC4020-21 | Oct 7-Dec 9 | M | 05:20 PM-05:50 PM | 8 | \$65.50 | LC4032-04 |
| Oct 10-Dec 5 | Th | 10:05 AM-10:35 AM | 8 | \$65.50 | LC4020-22 | Oct 7-Dec 9 | M | 05:45 PM-06:15 PM | 8 | \$65.50 | LC4032-05 |
| Oct 10-Dec 5 | Th | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4020-23 | Oct 8-Nov 26 | Tu | 05:45 PM-06:15 PM | 8 | \$65.50 | LC4032-06 |
| Oct 10-Dec 5 | Th | 05:55 PM-06:25 PM | 8 | \$65.50 | LC4020-24 | Oct 9-Nov 27 | W | 11:15 AM-11:45 AM | 8 | \$65.50 | LC4032-07 |
| Dec 10-20 | M-F | 04:35 PM-05:05 PM | 9 | \$74.00 | LC4019-01 | Oct 10-Dec 5 | Th | 10:40 AM-11:10 AM | 8 | \$65.50 | LC4032-08 |

Block Lessons

Block Lessons are available at Lawson Civic Centre for families with multiple children wanting Red Cross swim lessons at the same time. When registering, tell us the swim levels your children should be in and we will ensure they all receive instruction during the same time. Register by phoning 306-975-2800 or visit any Leisure Centre (not available through Leisure Online).

For children registering in Sea Otter through Swim Kids 4

| | | | | | |
|--------------|-----|-------------------|---|---------|-----------|
| Sep 9-Oct 2 | M/W | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4022-01 |
| Sep 9-Oct 2 | M/W | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4022-02 |
| Sep 9-Oct 2 | M/W | 05:50 PM-06:20 PM | 8 | \$65.50 | LC4022-03 |
| Sep 9-Oct 2 | M/W | 06:25 PM-06:55 PM | 8 | \$65.50 | LC4022-04 |
| Oct 9-Nov 27 | W | 05:50 PM-06:20 PM | 8 | \$65.50 | LC4022-07 |
| Oct 9-Nov 27 | W | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4022-05 |
| Oct 9-Nov 27 | W | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4022-06 |
| Oct 9-Nov 27 | W | 06:25 PM-06:55 PM | 8 | \$65.50 | LC4022-08 |

For children registering in Swim Kids 5 through Swim Kids 7

| | | | | | |
|--------------|-----|-------------------|---|---------|-----------|
| Sep 9-Oct 2 | M/W | 05:50 PM-06:35 PM | 8 | \$86.25 | LC4084-01 |
| Oct 9-Nov 27 | W | 05:50 PM-06:35 PM | 8 | \$86.25 | LC4084-02 |



| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|-------------------------------------|--------|-------------------|----------|----------|-----------|--|--------|-------------------|----------|----------|-----------|
| Oct 10-Dec 5 | Th | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4032-09 | Sep 13-Nov 15 | F | 04:30 PM-05:15 PM | 10 | \$107.75 | LC4087-02 |
| Crocodile (Ages 3-5 yrs) | | | | | | Oct 7-Dec 9 | M | 04:30 PM-05:15 PM | 8 | \$86.25 | LC4089-02 |
| Sep 7-Nov 9 | Sa | 09:35 AM-10:05 AM | 10 | \$82.00 | LC4035-01 | Oct 8-Nov 26 | Tu | 05:05 AM-05:50 AM | 8 | \$86.25 | LC4089-03 |
| Sep 13-Nov 15 | F | 05:20 PM-05:50 PM | 10 | \$82.00 | LC4035-02 | Oct 10-Dec 5 | Th | 05:05 PM-05:50 PM | 8 | \$86.25 | LC4089-04 |
| Oct 7-Dec 9 | M | 06:20 PM-06:50 PM | 8 | \$65.50 | LC4037-01 | Swim Kids Level 06 (Ages 6+) | | | | | |
| Whale (Ages 3-5 yrs) | | | | | | Sep 7-Nov 9 | Sa | 09:40 AM-10:25 AM | 10 | \$107.75 | LC4097-01 |
| Sep 7-Nov 9 | Sa | 10:45 AM-11:15 AM | 10 | \$82.00 | LC4047-01 | Sep 10-Oct 3 | Tu/Th | 04:30 PM-05:15 PM | 8 | \$86.25 | LC4099-01 |
| Sep 10-Oct 3 | Tu/Th | 07:05 PM-07:35 PM | 8 | \$65.50 | LC4049-01 | Oct 7-Dec 9 | M | 06:15 PM-07:00 PM | 8 | \$86.25 | LC4099-02 |
| Oct 7-Dec 9 | M | 06:50 PM-07:20 PM | 8 | \$65.50 | LC4049-02 | Oct 10-Dec 5 | Th | 04:30 PM-05:15 PM | 8 | \$86.25 | LC4099-03 |
| Oct 10-Dec 5 | Th | 06:20 PM-06:50 PM | 8 | \$65.50 | LC4049-03 | Swim Kids Level 06/07 Split (Ages 6+) | | | | | |
| Swim Kids Level 01 (Ages 6+) | | | | | | Sep 13-Nov 15 | F | 06:15 PM-07:00 PM | 10 | \$107.75 | LC4092-01 |
| Sep 7-Nov 9 | Sa | 09:35 AM-10:05 AM | 10 | \$82.00 | LC4053-01 | Swim Kids Level 07 (Ages 6+) | | | | | |
| Sep 7-Nov 9 | Sa | 11:00 AM-11:30 AM | 10 | \$82.00 | LC4053-02 | Sep 10-Oct 3 | Tu/Th | 05:40 PM-06:25 PM | 8 | \$86.25 | LC4108-01 |
| Sep 10-Oct 3 | Tu/Th | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4055-01 | Oct 10-Dec 5 | Th | 05:40 PM-06:25 PM | 8 | \$86.25 | LC4108-02 |
| Sep 10-Oct 3 | Tu/Th | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4055-02 | <hr/> | | | | | |
| Sep 10-Oct 3 | Tu/Th | 06:55 PM-07:25 PM | 8 | \$65.50 | LC4055-03 | SHAW CENTRE 122 Bowlf Crescent | | | | | |
| Sep 13-Nov 15 | F | 05:40 PM-06:10 PM | 10 | \$82.00 | LC4053-03 | <i>Classes cancelled on Nov 1 & 2.</i> | | | | | |
| Sep 13-Nov 15 | F | 06:20 PM-06:50 PM | 10 | \$82.00 | LC4053-04 | Starfish (Ages 4-12 mos) | | | | | |
| Oct 7-Dec 9 | M | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4055-04 | Sep 20-Nov 29 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | SC4003-02 |
| Oct 7-Dec 9 | M | 05:45 PM-06:15 PM | 8 | \$65.50 | LC4055-05 | Oct 1-Dec 3 | Tu | 10:10 AM-10:40 AM | 10 | \$82.00 | SC4003-01 |
| Oct 7-Dec 9 | M | 06:15 PM-06:45 PM | 8 | \$65.50 | LC4055-06 | Duck (Ages 12-24 mos) | | | | | |
| Oct 8-Nov 26 | Tu | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4055-07 | Sep 21-Nov 30 | Sa | 09:00 AM-09:30 AM | 10 | \$82.00 | SC4008-04 |
| Oct 8-Nov 26 | Tu | 05:40 PM-06:10 PM | 8 | \$65.50 | LC4055-08 | Oct 1-Dec 3 | Tu | 05:50 PM-06:20 PM | 10 | \$82.00 | SC4008-01 |
| Oct 8-Nov 26 | Tu | 07:05 PM-07:35 PM | 8 | \$65.50 | LC4055-09 | Oct 3-Dec 5 | Th | 09:35 AM-10:05 AM | 10 | \$82.00 | SC4008-02 |
| Oct 10-Dec 5 | Th | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4055-10 | Oct 3-Dec 5 | Th | 06:00 PM-06:30 PM | 10 | \$82.00 | SC4008-03 |
| Oct 10-Dec 5 | Th | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4055-11 | Sea Turtle (Ages 24-36 mos) | | | | | |
| Oct 10-Dec 5 | Th | 07:05 PM-07:35 PM | 8 | \$65.50 | LC4055-12 | Sep 20-Nov 29 | F | 05:55 PM-06:25 PM | 10 | \$82.00 | SC4013-03 |
| Dec 10-20 | M-F | 05:10 PM-05:40 PM | 9 | \$74.00 | LC4054-01 | Oct 1-Dec 3 | Tu | 04:35 PM-05:05 PM | 10 | \$82.00 | SC4013-01 |
| Dec 10-20 | M-F | 05:45 PM-06:15 PM | 9 | \$74.00 | LC4054-02 | Oct 3-Dec 5 | Th | 04:35 PM-05:05 PM | 10 | \$82.00 | SC4013-02 |
| Swim Kids Level 02 (Ages 6+) | | | | | | Sea Otter (Ages 3-5 yrs) | | | | | |
| Sep 7-Nov 9 | Sa | 10:15 AM-10:45 AM | 10 | \$82.00 | LC4060-01 | Sep 3-26 | Tu/Th | 04:35 PM-05:05 PM | 8 | \$65.50 | SC4020-01 |
| Sep 7-Nov 9 | Sa | 11:40 AM-12:10 PM | 10 | \$82.00 | LC4060-02 | Sep 3-26 | Tu/Th | 04:40 PM-05:10 PM | 8 | \$65.50 | SC4020-02 |
| Sep 10-Oct 3 | Tu/Th | 05:45 PM-06:15 PM | 8 | \$65.50 | LC4062-01 | Sep 3-26 | Tu/Th | 05:25 PM-05:55 PM | 8 | \$65.50 | SC4020-03 |
| Sep 10-Oct 3 | Tu/Th | 06:20 PM-06:50 PM | 8 | \$65.50 | LC4062-02 | Sep 3-26 | Tu/Th | 06:00 PM-06:30 PM | 8 | \$65.50 | SC4020-04 |
| Sep 13-Nov 15 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | LC4060-03 | Sep 3-26 | Tu/Th | 07:00 PM-07:30 PM | 8 | \$65.50 | SC4020-05 |
| Sep 13-Nov 15 | F | 05:55 PM-06:25 PM | 10 | \$82.00 | LC4060-04 | Sep 20-Nov 29 | F | 05:20 PM-05:50 PM | 10 | \$82.00 | SC4018-13 |
| Oct 7-Dec 9 | M | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4062-03 | Sep 20-Nov 29 | F | 06:30 PM-07:00 PM | 10 | \$82.00 | SC4018-14 |
| Oct 7-Dec 9 | M | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4062-04 | Sep 21-Nov 30 | Sa | 09:00 AM-09:30 AM | 10 | \$82.00 | SC4018-15 |
| Oct 8-Nov 26 | Tu | 05:05 PM-05:35 PM | 8 | \$65.50 | LC4062-05 | Sep 21-Nov 30 | Sa | 10:55 AM-11:25 AM | 10 | \$82.00 | SC4018-16 |
| Oct 8-Nov 26 | Tu | 06:15 PM-06:45 PM | 8 | \$65.50 | LC4062-06 | Sep 21-Nov 30 | Sa | 11:25 AM-11:55 AM | 10 | \$82.00 | SC4018-17 |
| Oct 10-Dec 5 | Th | 05:45 PM-06:15 PM | 8 | \$65.50 | LC4062-07 | Oct 1-Dec 3 | Tu | 09:35 AM-10:05 AM | 10 | \$82.00 | SC4018-01 |
| Oct 10-Dec 5 | Th | 06:20 PM-06:50 PM | 8 | \$65.50 | LC4062-08 | Oct 1-Dec 3 | Tu | 04:40 PM-05:10 PM | 10 | \$82.00 | SC4018-02 |
| Dec 10-20 | M-F | 06:20 PM-06:50 PM | 9 | \$74.00 | LC4061-01 | Oct 1-Dec 3 | Tu | 05:25 PM-05:55 PM | 10 | \$82.00 | SC4018-03 |
| Swim Kids Level 03 (Ages 6+) | | | | | | Oct 1-Dec 3 | Tu | 06:35 PM-07:05 PM | 10 | \$82.00 | SC4018-04 |
| Sep 7-Nov 9 | Sa | 10:10 AM-10:40 AM | 10 | \$82.00 | LC4068-01 | Oct 1-Dec 3 | Tu | 07:10 PM-07:40 PM | 10 | \$82.00 | SC4018-05 |
| Sep 7-Nov 9 | Sa | 10:50 AM-11:20 AM | 10 | \$82.00 | LC4068-02 | Oct 3-Dec 5 | Th | 09:00 AM-09:30 AM | 10 | \$82.00 | SC4018-06 |
| Sep 10-Oct 3 | Tu/Th | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4070-01 | Oct 3-Dec 5 | Th | 04:35 PM-05:05 PM | 10 | \$82.00 | SC4018-07 |
| Sep 10-Oct 3 | Tu/Th | 05:55 PM-06:25 PM | 8 | \$65.50 | LC4070-02 | Oct 3-Dec 5 | Th | 04:40 PM-05:10 PM | 10 | \$82.00 | SC4018-08 |
| Sep 13-Nov 15 | F | 05:45 PM-06:15 PM | 10 | \$82.00 | LC4068-03 | Oct 3-Dec 5 | Th | 05:25 PM-05:55 PM | 10 | \$82.00 | SC4018-09 |
| Oct 7-Dec 9 | M | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4070-03 | Oct 3-Dec 5 | Th | 05:45 PM-06:15 PM | 10 | \$82.00 | SC4018-10 |
| Oct 7-Dec 9 | M | 05:40 PM-06:10 PM | 8 | \$65.50 | LC4070-04 | Oct 3-Dec 5 | Th | 06:35 PM-07:05 PM | 10 | \$82.00 | SC4018-11 |
| Oct 8-Nov 26 | Tu | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4070-05 | Oct 3-Dec 5 | Th | 07:00 PM-07:30 PM | 10 | \$82.00 | SC4018-12 |
| Oct 8-Nov 26 | Tu | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4070-06 | Salamander (Ages 3-5 yrs) | | | | | |
| Oct 10-Dec 5 | Th | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4070-07 | Sep 3-26 | Tu/Th | 05:15 PM-05:45 PM | 8 | \$65.50 | SC4027-01 |
| Oct 10-Dec 5 | Th | 05:55 PM-06:25 PM | 8 | \$65.50 | LC4070-08 | Sep 3-26 | Tu/Th | 06:35 PM-07:05 PM | 8 | \$65.50 | SC4027-02 |
| Swim Kids Level 04 (Ages 6+) | | | | | | Sep 3-26 | Tu/Th | 07:10 PM-07:40 PM | 8 | \$65.50 | SC4027-03 |
| Sep 7-Nov 9 | Sa | 09:00 AM-09:30 AM | 10 | \$82.00 | LC4074-01 | Sep 20-Nov 29 | F | 05:05 PM-05:35 PM | 10 | \$82.00 | SC4025-07 |
| Sep 7-Nov 9 | Sa | 11:25 AM-11:55 AM | 10 | \$82.00 | LC4074-02 | Sep 20-Nov 29 | F | 06:30 PM-07:00 PM | 10 | \$82.00 | SC4025-08 |
| Sep 10-Oct 3 | Tu/Th | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4076-01 | Sep 21-Nov 30 | Sa | 09:40 AM-10:10 AM | 10 | \$82.00 | SC4025-09 |
| Sep 10-Oct 3 | Tu/Th | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4076-02 | Sep 21-Nov 30 | Sa | 10:25 AM-10:55 AM | 10 | \$82.00 | SC4025-10 |
| Sep 13-Nov 15 | F | 05:05 PM-05:35 PM | 10 | \$82.00 | LC4074-03 | Sep 21-Nov 30 | Sa | 10:50 AM-11:20 AM | 10 | \$82.00 | SC4025-11 |
| Oct 7-Dec 9 | M | 05:10 PM-05:40 PM | 8 | \$65.50 | LC4076-03 | Sep 21-Nov 30 | Sa | 11:25 AM-11:55 AM | 10 | \$82.00 | SC4025-12 |
| Oct 8-Nov 26 | Tu | 04:30 PM-05:00 PM | 8 | \$65.50 | LC4076-04 | Oct 1-Dec 3 | Tu | 09:00 AM-09:30 AM | 10 | \$82.00 | SC4025-01 |
| Oct 8-Nov 26 | Tu | 05:40 PM-06:10 PM | 8 | \$65.50 | LC4076-05 | Oct 1-Dec 3 | Tu | 05:15 PM-05:45 PM | 10 | \$82.00 | SC4025-02 |
| Oct 10-Dec 5 | Th | 04:35 PM-05:05 PM | 8 | \$65.50 | LC4076-06 | Oct 1-Dec 3 | Tu | 06:25 PM-06:55 PM | 10 | \$82.00 | SC4025-03 |
| Oct 10-Dec 5 | Th | 06:30 PM-07:00 PM | 8 | \$65.50 | LC4076-07 | | | | | | |
| Swim Kids Level 05 (Ages 6+) | | | | | | | | | | | |
| Sep 7-Nov 9 | Sa | 09:00 AM-09:45 AM | 10 | \$107.75 | LC4087-01 | | | | | | |
| Sep 10-Oct 3 | Tu/Th | 05:05 PM-05:50 PM | 8 | \$86.25 | LC4089-01 | | | | | | |

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|---------------------------------------|--------|-------------------|----------|---------|-----------|--|--------|-------------------|----------|----------|-----------|
| Oct 1-Dec 3 | Tu | 07:10 PM-07:40 PM | 10 | \$82.00 | SC4025-04 | Swim Kids Level 05 (Ages 6+) | | | | | |
| Oct 3-Dec 5 | Th | 05:15 PM-05:45 PM | 10 | \$82.00 | SC4025-05 | Sep 3-26 | Tu/Th | 04:35 PM-05:20 PM | 8 | \$86.25 | SC4089-01 |
| Oct 3-Dec 5 | Th | 07:10 PM-07:40 PM | 10 | \$82.00 | SC4025-06 | Sep 20-Nov 29 | F | 05:05 PM-05:50 PM | 10 | \$107.75 | SC4087-03 |
| Sunfish (Ages 3-5 yrs) | | | | | | Sep 20-Nov 29 | F | 06:15 PM-07:00 PM | 10 | \$107.75 | SC4087-04 |
| Sep 3-26 | Tu/Th | 05:10 PM-05:40 PM | 8 | \$65.50 | SC4032-01 | Sep 21-Nov 30 | Sa | 09:35 AM-10:20 AM | 10 | \$107.75 | SC4087-05 |
| Sep 3-26 | Tu/Th | 06:25 PM-06:55 PM | 8 | \$65.50 | SC4032-02 | Oct 1-Dec 3 | Tu | 04:35 PM-05:20 PM | 10 | \$107.75 | SC4087-01 |
| Sep 20-Nov 29 | F | 05:55 PM-06:25 PM | 10 | \$82.00 | SC4030-06 | Oct 3-Dec 5 | Th | 04:35 PM-05:20 PM | 10 | \$107.75 | SC4087-02 |
| Sep 21-Nov 30 | Sa | 10:15 AM-10:45 AM | 10 | \$82.00 | SC4030-07 | Swim Kids Level 06 (Ages 6+) | | | | | |
| Oct 1-Dec 3 | Tu | 06:00 PM-06:30 PM | 10 | \$82.00 | SC4030-01 | Sep 3-26 | Tu/Th | 05:10 PM-05:55 PM | 8 | \$86.25 | SC4099-01 |
| Oct 1-Dec 3 | Tu | 06:35 PM-07:05 PM | 10 | \$82.00 | SC4030-02 | Sep 20-Nov 29 | F | 05:05 PM-05:50 PM | 10 | \$107.75 | SC4097-02 |
| Oct 3-Dec 5 | Th | 10:10 AM-10:40 AM | 10 | \$82.00 | SC4030-03 | Sep 21-Nov 30 | Sa | 09:35 AM-10:20 AM | 10 | \$107.75 | SC4097-03 |
| Oct 3-Dec 5 | Th | 05:10 PM-05:40 PM | 10 | \$82.00 | SC4030-04 | Oct 1-Dec 3 | Tu | 04:35 PM-05:20 PM | 10 | \$107.75 | SC4097-01 |
| Oct 3-Dec 5 | Th | 06:25 PM-06:55 PM | 10 | \$82.00 | SC4030-05 | Swim Kids Level 07 (Ages 6+) | | | | | |
| Crocodile (Ages 3-5 yrs) | | | | | | Sep 3-26 | Tu/Th | 06:35 PM-07:20 PM | 8 | \$86.25 | SC4108-01 |
| Oct 1-Dec 3 | Tu | 04:40 PM-05:10 PM | 10 | \$82.00 | SC4035-01 | Sep 20-Nov 29 | F | 05:40 PM-06:25 PM | 10 | \$107.75 | SC4106-03 |
| Crocodile/Whale (Ages 3-5 yrs) | | | | | | Sep 21-Nov 30 | Sa | 11:00 AM-11:45 AM | 10 | \$107.75 | SC4106-04 |
| Sep 3-26 | Tu/Th | 06:00 PM-06:30 PM | 8 | \$65.50 | SC4042-01 | Oct 1-Dec 3 | Tu | 05:45 PM-06:30 PM | 10 | \$107.75 | SC4106-01 |
| Sep 20-Nov 29 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | SC4040-01 | Oct 3-Dec 5 | Th | 06:35 PM-07:20 PM | 10 | \$107.75 | SC4106-02 |
| Sep 21-Nov 30 | Sa | 11:30 AM-12:00 PM | 10 | \$82.00 | SC4040-02 | Swim Kids Level 08 (Ages 6+) | | | | | |
| Swim Kids Level 01 (Ages 6+) | | | | | | Sep 3-26 | Tu/Th | 05:45 PM-06:30 PM | 8 | \$86.25 | SC4113-01 |
| Sep 3-26 | Tu/Th | 04:35 PM-05:05 PM | 8 | \$65.50 | SC4055-01 | Sep 20-Nov 29 | F | 04:30 PM-05:15 PM | 10 | \$107.75 | SC4111-02 |
| Sep 3-26 | Tu/Th | 06:00 PM-06:30 PM | 8 | \$65.50 | SC4055-02 | Sep 21-Nov 30 | Sa | 11:00 AM-11:45 AM | 10 | \$107.75 | SC4111-03 |
| Sep 20-Nov 29 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | SC4053-06 | Oct 3-Dec 5 | Th | 05:45 PM-06:30 PM | 10 | \$107.75 | SC4111-01 |
| Sep 20-Nov 29 | F | 05:40 PM-06:10 PM | 10 | \$82.00 | SC4053-07 | Swim Kids Level 09/10 (Ages 6+) | | | | | |
| Sep 21-Nov 30 | Sa | 09:05 AM-09:35 AM | 10 | \$82.00 | SC4053-08 | Sep 3-26 | Tu/Th | 06:35 PM-07:35 PM | 8 | \$98.50 | SC4118-01 |
| Sep 21-Nov 30 | Sa | 10:20 AM-10:50 AM | 10 | \$82.00 | SC4053-09 | Oct 1-Dec 3 | Tu | 07:00 PM-08:00 PM | 10 | \$123.25 | SC4116-01 |
| Oct 1-Dec 3 | Tu | 05:10 PM-05:40 PM | 10 | \$82.00 | SC4053-01 | Oct 3-Dec 5 | Th | 06:55 PM-07:55 PM | 10 | \$123.25 | SC4116-02 |
| Oct 1-Dec 3 | Tu | 05:25 PM-05:55 PM | 10 | \$82.00 | SC4053-02 | Sep 21-Nov 30 | Sa | 09:15 AM-10:15 AM | 10 | \$123.25 | SC4116-03 |
| Oct 1-Dec 3 | Tu | 06:00 PM-06:30 PM | 10 | \$82.00 | SC4053-03 | | | | | | |
| Oct 3-Dec 5 | Th | 06:00 PM-06:30 PM | 10 | \$82.00 | SC4053-04 | | | | | | |
| Oct 3-Dec 5 | Th | 06:20 PM-06:50 PM | 10 | \$82.00 | SC4053-05 | | | | | | |
| Swim Kids Level 02 (Ages 6+) | | | | | | | | | | | |
| Sep 3-26 | Tu/Th | 04:50 PM-05:20 PM | 8 | \$65.50 | SC4062-01 | | | | | | |
| Sep 3-26 | Tu/Th | 05:50 PM-06:20 PM | 8 | \$65.50 | SC4062-02 | | | | | | |
| Sep 3-26 | Tu/Th | 07:10 PM-07:40 PM | 8 | \$65.50 | SC4062-03 | | | | | | |
| Sep 20-Nov 29 | F | 05:55 PM-06:25 PM | 10 | \$82.00 | SC4060-06 | | | | | | |
| Sep 21-Nov 30 | Sa | 09:40 AM-10:10 AM | 10 | \$82.00 | SC4060-07 | | | | | | |
| Sep 21-Nov 30 | Sa | 10:15 AM-10:45 AM | 10 | \$82.00 | SC4060-08 | | | | | | |
| Oct 1-Dec 3 | Tu | 05:15 PM-05:45 PM | 10 | \$82.00 | SC4060-01 | | | | | | |
| Oct 1-Dec 3 | Tu | 07:10 PM-07:40 PM | 10 | \$82.00 | SC4060-02 | | | | | | |
| Oct 3-Dec 5 | Th | 04:50 PM-05:20 PM | 10 | \$82.00 | SC4060-03 | | | | | | |
| Oct 3-Dec 5 | Th | 05:50 PM-06:20 PM | 10 | \$82.00 | SC4060-04 | | | | | | |
| Oct 3-Dec 5 | Th | 07:10 PM-07:40 PM | 10 | \$82.00 | SC4060-05 | | | | | | |
| Swim Kids Level 03 (Ages 6+) | | | | | | | | | | | |
| Sep 3-26 | Tu/Th | 05:25 PM-05:55 PM | 8 | \$65.50 | SC4070-01 | | | | | | |
| Sep 3-26 | Tu/Th | 06:35 PM-07:05 PM | 8 | \$65.50 | SC4070-02 | | | | | | |
| Sep 20-Nov 29 | F | 05:05 PM-05:35 PM | 10 | \$82.00 | SC4068-05 | | | | | | |
| Sep 20-Nov 29 | F | 06:30 PM-07:00 PM | 10 | \$82.00 | SC4068-06 | | | | | | |
| Sep 21-Nov 30 | Sa | 10:25 AM-10:55 AM | 10 | \$82.00 | SC4068-07 | | | | | | |
| Sep 21-Nov 30 | Sa | 10:50 AM-11:20 AM | 10 | \$82.00 | SC4068-08 | | | | | | |
| Oct 1-Dec 3 | Tu | 05:50 PM-06:20 PM | 10 | \$82.00 | SC4068-01 | | | | | | |
| Oct 1-Dec 3 | Tu | 06:35 PM-07:05 PM | 10 | \$82.00 | SC4068-02 | | | | | | |
| Oct 3-Dec 5 | Th | 05:25 PM-05:55 PM | 10 | \$82.00 | SC4068-03 | | | | | | |
| Oct 3-Dec 5 | Th | 06:35 PM-07:05 PM | 10 | \$82.00 | SC4068-04 | | | | | | |
| Swim Kids Level 04 (Ages 6+) | | | | | | | | | | | |
| Sep 3-26 | Tu/Th | 07:25 PM-07:55 PM | 8 | \$65.50 | SC4074-01 | | | | | | |
| Sep 20-Nov 29 | F | 04:30 PM-05:00 PM | 10 | \$82.00 | SC4074-04 | | | | | | |
| Sep 20-Nov 29 | F | 06:30 PM-07:00 PM | 10 | \$82.00 | SC4074-05 | | | | | | |
| Sep 21-Nov 30 | Sa | 09:05 AM-09:35 AM | 10 | \$82.00 | SC4074-06 | | | | | | |
| Oct 1-Dec 3 | Tu | 06:25 PM-06:55 PM | 10 | \$82.00 | SC4074-01 | | | | | | |
| Oct 3-Dec 5 | Th | 05:10 PM-05:40 PM | 10 | \$82.00 | SC4074-02 | | | | | | |
| Oct 3-Dec 5 | Th | 07:25 PM-07:55 PM | 10 | \$82.00 | SC4074-03 | | | | | | |

RED CROSS SWIM LESSON LISTINGS (ADULT)

HARRY BAILEY AQUATIC CENTRE 1110 Idylwyld Drive

Red Cross Swim Basics I (Adult)

| | | | | | |
|-------------|---|-------------------|---|----------|-----------|
| Oct 7-Dec 9 | M | 07:40 PM-08:10 PM | 8 | \$103.50 | HB4158-01 |
| Oct 9-30 | W | 07:40 PM-08:10 PM | 4 | \$50.25 | HB4159-01 |
| Nov 6-27 | W | 07:40 PM-08:10 PM | 4 | \$50.25 | HB4159-02 |

Red Cross Swim Strokes (Adult)

| | | | | | |
|--------------|----|-------------------|----|----------|-----------|
| Sep 8-Nov 10 | Su | 11:15 AM-11:45 AM | 10 | \$129.50 | HB4161-01 |
| Oct 9-Dec 11 | W | 05:55 PM-06:25 PM | 10 | \$129.50 | HB4161-02 |

LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Red Cross Swim Basics I (Adult)

| | | | | | |
|--------------|----|-------------------|----|----------|-----------|
| Sep 8-Nov 10 | Su | 07:45 PM-08:30 PM | 10 | \$135.50 | LW4156-01 |
|--------------|----|-------------------|----|----------|-----------|

Red Cross Swim Strokes (Adult)

| | | | | | |
|--------------|----|-------------------|----|----------|-----------|
| Sep 8-Nov 10 | Su | 07:45 PM-08:30 PM | 10 | \$135.50 | LW4162-01 |
|--------------|----|-------------------|----|----------|-----------|

LAWSON CIVIC CENTRE 225 Primrose Drive

Red Cross Swim Basics I (Adult)

| | | | | | |
|--------------|----|-------------------|---|----------|-----------|
| Oct 8-Nov 26 | Tu | 06:15 PM-07:00 PM | 8 | \$108.50 | LC4158-01 |
|--------------|----|-------------------|---|----------|-----------|

Red Cross Swim Strokes (Adult)

| | | | | | |
|--------------|----|-------------------|---|----------|-----------|
| Oct 8-Nov 26 | Tu | 06:15 PM-07:00 PM | 8 | \$108.50 | LC4164-01 |
|--------------|----|-------------------|---|----------|-----------|

SHAW CENTRE 122 Bowll Crescent

Red Cross Swim Basics I (Adult)

| | | | | | |
|-------------|----|-------------------|----|----------|-----------|
| Oct 1-Dec 3 | Tu | 07:00 PM-07:45 PM | 10 | \$135.50 | SC4156-01 |
|-------------|----|-------------------|----|----------|-----------|

Easy, quick, click! Register online at leisureonline.saskatoon.ca

See pages 2 & 15 for details.



ADDITIONAL SWIM LESSON OPTIONS

Private Swim Lessons

Receive personalized attention with one-on-one private swim lessons. With the instructor's full attention, these sessions are an excellent opportunity to get to the next level of development. Available at Harry Bailey Aquatic Centre, Lakewood Civic Centre, Lawson Civic Centre and Shaw Centre. Call any facility for more information or to register. All sessions are half-hour.

Youth: 1 session \$35.25 • 3 sessions \$103.25 • 5 sessions \$168.50
Adult: 1 session \$39.25 • 3 sessions \$111.75 • 5 sessions \$182.25

Semi-Private Swim Lessons

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

Youth: 1 session \$26.50 • 3 sessions \$75.75 • 5 sessions \$123.25
Adult: 1 session \$30.75 • 3 sessions \$87.50 • 5 sessions \$142.00



Swimming Skills Improvements Lessons

These classes focus on improving specific swimming skills from Swim Kids Level 5 to 10 in a small group setting without taking the whole lesson over again.

Lakewood Civic Centre

| | | | | | |
|---------|------|-------------------|---|---------|-----------|
| Dec 2-5 | M-Th | 04:35 PM-05:05 PM | 4 | \$46.50 | LW4169-01 |
| Dec 2-5 | M-Th | 05:10 PM-05:40 PM | 4 | \$46.50 | LW4169-02 |
| Dec 2-5 | M-Th | 05:45 PM-06:15 PM | 4 | \$46.50 | LW4169-03 |
| Dec 2-5 | M-Th | 06:20 PM-06:50 PM | 4 | \$46.50 | LW4169-04 |

Family Swim Lessons

Age 6+. A family up to four members (related by birth, legal status or marriage) receive basic swim instruction to become more comfortable in the water. Learn water safety, front and back float, front and back glide with kick and work toward front swim for 10 meters. Call any facility for more information or to register. 3 half-hour sessions.

Harry Bailey Aquatic Centre

| | | | | | |
|---------------|----|-------------------|---|---------|-----------|
| Sep 8-22 | Su | 12:25 PM-12:55 PM | 3 | \$65.25 | HB4173-01 |
| Sep 29-Oct 13 | Su | 12:25 PM-12:55 PM | 3 | \$65.25 | HB4173-02 |
| Oct 20-Nov 3 | Su | 12:25 PM-12:55 PM | 3 | \$65.25 | HB4173-03 |

Shaw Centre

| | | | | | |
|----------|---|-------------------|---|---------|-----------|
| Nov 6-20 | W | 04:40 PM-05:10 PM | 3 | \$65.25 | SC4173-01 |
| Nov 6-20 | W | 05:15 PM-05:45 PM | 3 | \$65.25 | SC4173-02 |
| Nov 6-20 | W | 05:50 PM-06:20 PM | 3 | \$65.25 | SC4173-03 |
| Nov 6-20 | W | 06:25 PM-06:55 PM | 3 | \$65.25 | SC4173-04 |

Love to swim? With the purchase of a LeisureCard you can enjoy unlimited access to public swim times. See page 10.

PROGRAMS & ACTIVITIES

PRESCHOOL RECREATION PROGRAMS

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 8-Nov 26 Tu 04:15 PM-04:45 PM \$68.00 AC4352-01

Cosmo Arena

Oct 9-Nov 27 W 04:15 PM-04:45 PM \$68.00 CA4352-01
 Oct 10-Nov 28 Th 04:15 PM-04:45 PM \$68.00 CA4352-02

Parent & Tot Learn to Skate

3-5 years. 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 7-Dec 9 M 04:15 PM-04:45 PM \$68.00 LI4343-01

PLAY & LEARN

Jungle Gym Safari

3-5 yrs. Bring your shorts and runners and prepare to go on a Jungle Gym Safari! Each safari session will begin with a story about a new jungle animal, followed by games in the indoor playground, a craft and a watering hole break. Parents/guardians must be present.

Lawson Civic Centre

| | | | | |
|--------------|----|-------------------|---------|-----------|
| Sep 8-Oct 6 | Su | 03:30 PM-04:15 PM | \$47.75 | LC4322-01 |
| Oct 27-Dec 1 | Su | 02:30 PM-03:15 PM | \$47.75 | LC4322-02 |

The Princess Ball

3-5 yrs. Calling all princesses to come and have a ball! Come dressed in your princess best and be ready to dance, sing songs and make fancy princess crafts like a tiara and jewellery. Parents/guardians must be present.

Lawson Civic Centre

| | | | | |
|--------------|----|-------------------|---------|-----------|
| Sep 8-Oct 6 | Su | 02:30 PM-03:15 PM | \$47.75 | LC4369-01 |
| Oct 27-Dec 1 | Su | 03:30 PM-04:15 PM | \$47.75 | LC4369-02 |

Teddy Bears Picnic

3-5 yrs. Children and teddy will have an opportunity to colour, play pool games and have a snack and story. Teddy bear welcome to provide comfort to child and does not go in pool.

Lawson Civic Centre

| | | | | |
|---------------|-----|-------------------|---------|-----------|
| Sep 7-Nov 9 | Sa | 11:05 AM-11:50 AM | \$70.25 | LC4368-01 |
| Sep 9-Oct 2 | M/W | 01:40 PM-02:25 PM | \$56.00 | LC4374-01 |
| Sep 13-Nov 15 | F | 11:15 AM-12:00 PM | \$70.25 | LC4368-02 |
| Oct 7-Dec 9 | M | 01:40 PM-02:25 PM | \$56.00 | LC4374-02 |
| Oct 9-Nov 27 | W | 01:40 PM-02:25 PM | \$56.00 | LC4374-03 |

Easy, quick, click! Register online at
leisureonline.saskatoon.ca

See pages 2 & 15 for details.





Movin' & Groovin' Toddlers

2-3 yrs. Children will unlock a new adventure each week with crafts, stories and themed activities. Instructor led; parental assistance for activities is required.

Lawson Civic Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Sep 12-Oct 10 | Th | 10:30 AM-11:15 AM | \$47.50 | LC4342-01 |
|---------------|----|-------------------|---------|-----------|

Toddlers on the Move

2-3 yrs. Children will play with parachutes, mats, a balance beam and much more. Instructor led. Parents/guardians must be present.

Lakewood Civic Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Sep 7-Oct 5 | Sa | 10:15 AM-11:00 AM | \$42.25 | LW4370-01 |
| Oct 20-Nov 17 | Su | 10:15 AM-11:00 AM | \$42.25 | LW4370-02 |

Lawson Civic Centre

| | | | | |
|--------------|----|-------------------|---------|-----------|
| Oct 27-Dec 1 | Su | 01:30 PM-02:15 PM | \$42.25 | LC4370-01 |
|--------------|----|-------------------|---------|-----------|

Shaw Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Sep 21-Oct 19 | Sa | 09:15 AM-10:00 AM | \$42.25 | SC4370-01 |
| Oct 26-Nov 23 | Sa | 10:15 AM-11:00 AM | \$42.25 | SC4370-02 |

Kids on the Move

3-5 yrs. Burn off all that energy by participating in fun instructor-led games and activities using balls, hoops, sports equipment and parachutes. Parent/guardian participation is not required.

Lawson Civic Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Sep 8-Oct 6 | Su | 01:30 PM-02:15 AM | \$41.00 | LC4324-01 |
| Oct 24-Nov 21 | Th | 10:30 AM-11:15 AM | \$41.00 | LC4324-02 |

Shaw Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Oct 26-Nov 23 | Sa | 09:15 AM-10:00 AM | \$41.00 | SC4324-01 |
|---------------|----|-------------------|---------|-----------|

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 7-Oct 5 | Sa | 09:15 AM-10:00 AM | \$42.25 | LW4364-01 |
| Sep 8-Oct 6 | Su | 10:15 AM-11:00 AM | \$42.25 | LW4364-02 |
| Oct 19-Nov 16 | Sa | 09:15 AM-10:00 AM | \$42.25 | LW4364-03 |
| Oct 19-Nov 16 | Sa | 10:15 AM-11:00 AM | \$42.25 | LW4364-04 |

Shaw Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Sep 21-Oct 19 | Sa | 10:15 AM-11:00 AM | \$42.25 | SC4364-01 |
| Oct 26-Nov 23 | Sa | 11:15 AM-12:00 PM | \$42.25 | SC4364-02 |

Active Start Tennis

3-5 yrs. Scaled down racquets and modified tennis balls will make this introduction to tennis fun. Participants will be introduced to a variety of fundamental movement skills including striking an object, walking, running, jumping, wheeling, catching, throwing, agility, balance, coordination and reaction speed. This program will instill the love of sport and being physically active.

Lakewood Civic Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Oct 19-Nov 16 | Sa | 11:15 AM-12:15 PM | \$53.25 | LW4301-01 |
|---------------|----|-------------------|---------|-----------|

CHILDREN 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 8-Nov 26 | Tu | 04:00 PM-04:45 PM | \$88.00 | AC4305-01 |
|--------------|----|-------------------|---------|-----------|

Cosmo Arena

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Oct 9-Nov 27 | W | 04:00 PM-04:45 PM | \$88.00 | CA4305-01 |
| Oct 10-Nov 28 | Th | 04:00 PM-04:45 PM | \$88.00 | CA4305-02 |

CHILDREN SPORT

Kicks for Kids

6-9 yrs. Recreational soccer fun! Learn new skills, practise drills and enjoy a fun game.

Lakewood Civic Centre

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Sep 7-Oct 5 | Sa | 11:15 AM-12:15 PM | \$58.50 | LW4323-01 |
| Oct 20-Nov 17 | Su | 11:15 AM-12:15 PM | \$58.50 | LW4323-02 |

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 20-Nov 24 | Su | 10:45 AM-11:45 AM | \$58.50 | FH4313-01 |
|---------------|----|-------------------|---------|-----------|



Birthday Party Packages

Birthday party fun made easy. Relax while our party host leads children's activities in one of our themed party rooms. Your party experience includes a loot bag for each child and an unsupervised swim during our regular public swim time.

*Up to 10 people \$201.25 • Up to 15 people \$259.75
Up to 20 people \$324.50*

Lakewood Civic Centre

Parties are available on Saturdays or Sundays from 01:30 PM-03:00 PM with public swim available from 01:00 PM-05:00 PM. Choose from the following themes: Hawaiian Luau, Pirate or Princess. Call 306-975-2944 to book.

Shaw Centre

Parties are available Saturdays from 01:00 PM-02:30 PM with public swim available from 01:00 PM-09:00 PM. Choose from the following themes: Under the Sea or Calling all Superheroes. Call 306-975-7744 to book.



LEISURE CENTRES

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 will need to bring their own ball glove.

Saskatoon Field House

Oct 20-Nov 24 Su 12:00 PM-01:00 PM \$58.50 FH4367-01

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 8-Oct 6 Su 11:15 AM-12:15 PM \$53.25 LW4363-01

Dunk Dribble & Slam

6-8 yrs. The balls and hoops are just the right size to learn basic basketball skills including dribbling, passing and shooting.

Shaw Centre

Sep 21-Oct 19 Sa 11:15 AM-12:15 PM \$58.50 SC4310-01



Drop N' Shop

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

Lawson Civic Centre

Dec 7 Sa 01:00 PM-04:00 PM FREE CD4627-02

Lakewood Civic Centre

Dec 14 & 21 Sa 01:00 PM-04:00 PM FREE CD4627-01

Shaw Centre

Dec 22 Su 01:00 PM-04:00 PM FREE CD4627-03

PROGRAMS & ACTIVITIES

YOUTH RECREATION PROGRAMS

YOUTH CONSULTATION CLASSES & 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.

11 Sessions **\$451.25**
Lakewood Civic Centre LW4347-01
Lawson Civic Centre LC4347-01
Saskatoon Field House FH4347-01
Shaw Centre SC4347-01

6 Sessions **\$246.00**
Lakewood Civic Centre LW4348-01
Lawson Civic Centre LC4348-01
Saskatoon Field House FH4348-01
Shaw Centre SC4348-01

3 Sessions **\$123.00**
Lakewood Civic Centre LW4349-01
Lawson Civic Centre LC4349-01
Saskatoon Field House FH4349-01
Shaw Centre SC4349-01

Group Fitness Training

Get fit how you want, when you want! Revive your workout with a choice of Fitness Yoga, Group Cycle, 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 for sports teams (cross-training), youth groups and clubs.

1-hour session **\$100.25**
Saskatoon Field House FH4316-01
Shaw Centre SC4316-01

Weight Training

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

1-hour session **\$55.75**
Lakewood Civic Centre LW4372-01
Lawson Civic Centre LC4372-01
Saskatoon Field House FH4372-01
Shaw Centre SC4372-01

UPCOMING EVENTS

Watch for more information for these events online at saskatoon.ca/events or call 306-975-3378.

Fall Freestyle

Celebrate Fall in style! Drop in for this FREE skate park event for youth and families. Music, pizza, demonstrations and fun!

Saturday, September 7 • 01:00 PM-04:00 PM
Lions Skate Park, 622 Spadina Crescent West (Victoria Park)

Fast & Female Champ Chat

FREE event for girls ages 8-18 to be inspired by Olympians, Paralympians and elite female athletes to stay active in sports and have fun! Includes an inspirational chat with athlete ambassadors, physical activity sessions, yoga, time for autographs and more! All fitness levels welcome. Visit fastandfemale.com to register online. Presented in partnership with Sask Sport Inc.

Sunday, September 8 • 10:00 AM-04:30 PM
SaskTel Soccer Centre, 150 Nelson Road

Girls in Motion

FREE one-day event to inspire girls ages 10-14 to live healthy, active lives. Physical activities facilitated by qualified instructors.

Shaw Centre
Nov 8 F 09:00 AM-04:00 PM FREE SC4314-01

Taking to the Court

FREE one-day event for boys ages 10 to 14 to get active and learn and practice a mix of sports. Snacks and lunch provided.

Cosmo Civic Centre
Nov 8 F 09:00 AM-04:00 PM FREE CD4366-01

New! Multi-Sport Sampler

A great opportunity for youth ages 10-14 to engage in physical activity while developing new and improved skills in a wide variety of sport activities.

Cosmo Civic Centre
Fencing Sep 5 Th 03:45 PM-05:45 PM FREE CD4626-01
Soccer Sep 9 M 03:45 PM-05:45 PM FREE CD4626-02
Doubleball Sep 12 Th 03:45 PM-05:45 PM FREE CD4626-03
Football Sep 16 M 03:45 PM-05:45 PM FREE CD4626-04
Baseball Sep 19 Th 03:45 PM-05:45 PM FREE CD4626-05
Curling Sep 23 M 03:45 PM-05:45 PM FREE CD4626-06



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. All programs are FREE!

For more information about Mè Ta Wè Tàn programs call 306-975-3378 or visit saskatoon.ca/metawetan.



*Did you know?
Mè Ta Wè Tàn is Cree for 'Let's Play!'*

Little Sisters in Action

10-14 yrs. A free six-week program for girls. Walk, dream, run and believe you can soar like an eagle! Be inspired to discover yourself by enhancing self-confidence and leadership skills, and being physically active. For more information or to register call 306-975-3387.

White Buffalo Youth Lodge 602-20th Street West
Dates & times TBA

Functional Fitness Boot Camp

This Drop-in Program combines intervals of high intensity cardio with conditioning exercises using weights, bands, benches and balls. High energy and a willingness to sweat are a must.

Location, dates & times TBA

Drop-in Volleyball

14-29 yrs. Basic volleyball skills will be taught by certified coaches.

Saskatoon Indian & Métis Friendship Centre 168 Wall Street
Sep-Dec Th 06:30 PM-08:30 PM

Drop-in Basketball

14-30 yrs. Practise the skills of the game and increase physical fitness.

White Buffalo Youth Lodge 602-20th Street West
Sep-Dec Th 08:00 PM-10:30 PM

Pow Wow Song & Dance

Come and join in the singing, dancing and drumming at the Saskatoon Indian & Métis Friendship Centre. Everyone welcome and all ages can participate. For more information call 306-244-0174.

Saskatoon Indian & Métis Friendship Centre 168 Wall Street
Dates & times TBA

Indigenous Traditional Games

10-16 yrs. Learn how to play traditional Indigenous games.

White Buffalo Youth Lodge 602-20th Street West
Dates & times TBA

Self-Defence for Women & Girls

This program offers realistic and effective self-defence techniques for women.
Location, dates & times TBA

Run Club

Learn how to run at your own pace. Everyone is welcome and all ages can participate. Call 306-975-7813 for more information.

St. Mary's Wellness & Education Centre 168 Wall Street
Dates & times TBA

New! Michif Language Class

10 yrs+. Kishinaa hamasho la laang di Michif! Learn how to speak Michif.

Call 306-975-8486 to register
Location, dates & times TBA

MÈ TA WÈ TÀN YOUTH CENTRES

Ages 10-14 yrs. The Mè Ta Wè Tàn community 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 playing sports, games and other activities. Youth centres are FREE and everyone is welcome to attend. Bring your friends and hang out!

Caswell Youth Centre

Caswell School 204 30th Street West
Dates & times TBA

King George Youth Centre

King George School 721 Avenue K South
Dates & times TBA

Pleasant Hill Youth Centre

St. Mary's Wellness & Education Centre 327 Avenue N South
Dates & times TBA

Westmount Youth Centre

Westmount Community School 411 Avenue J North
Dates & times TBA




Can't find the perfect registered program for you?

Exercise and have fun at your own convenience by taking advantage of public swim times and drop-in fitness classes. Options are available for all ages! Check out pages 6-14 for information on Leisure Centres or visit saskatoon.ca/dropinonline for up-to-date schedules.

SMART START 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!

Look for the Smart Start symbol  in the Youth and Adult Programs sections on pages 26-30 and in the Leisure Centre drop-in program section on pages 12-14 to find a program that is right for you.

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.

Lawson Civic Centre

Nov 16-30 Sa 11:45 AM-12:45 PM \$15.00 LC4327-01

Saskatoon Field House

Nov 7-21 Th 08:00 PM-09:00 PM \$15.00 FH4327-01

Learn to Group Cycle

No need to stop biking just because of cooler weather. An indoor ride can be just as thrilling as outdoor when you are taught how to pace, visualize and ride as a team. Hills, drills, core and technique are all included.

Saskatoon Field House

Nov 2-16 Sa 02:00 PM-03:00 PM \$15.00 FH4333-01

Learn to Pole Walk

A fun, rewarding class designed to teach the basics of pole walking in a safe learning environment. Increase energy, decrease tension, increase upper body strength, all while increasing balance, coordination and posture. Great for all fitness levels!

Saskatoon Field House

Oct 5-19 Sa 01:00 PM-02:00 PM \$15.00 FH4330-01

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

Oct 10-24 Th 06:00 PM-07:00 PM \$32.50 FH4320-01

Oct 10-24 Th 07:00 PM-08:00 PM \$32.50 FH4320-02

Oct 26-Nov 9 Sa 01:00 PM-02:00 PM \$32.50 FH4320-03

Oct 26-Nov 9 Sa 02:00 PM-03:00 PM \$32.50 FH4320-04

Nov 16-Dec 7 Sa 01:00 PM-02:00 PM \$32.50 FH4320-05

Nov 16-Dec 7 Sa 02:00 PM-03:00 PM \$32.50 FH4320-06



Easy, quick, click! Register online at
leisureonline.saskatoon.ca

See pages 2 & 15 for details.

Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this one-hour session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. 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.

All sessions below run from 07:00 PM – 8:00 PM.

Harry Bailey Aquatic Centre Monday, October 21

Lakewood Civic Centre Wednesday, October 23

Lawson Civic Centre Monday, October 28

Shaw Centre Tuesday, October 29

Saskatoon Field House Monday, November 4

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.

Learn to Step

Step into a fun cardiovascular workout! Simplified moves and supported instruction will help you master the basic moves.

Saskatoon Field House

Dec 1-15 Su 02:00 PM-03:00 PM \$15.00 FH4334-01

Learn to Suspension Circuit Train

Learn the basics in a safe environment. An adaptable workout using your body weight to work against a challenging system of suspended straps. Increase energy and strength while improving your balance, coordination and posture. 45 minutes of instruction with 15 minutes for further exploration.

Shaw Centre

Sep 21-Oct 5 Sa 11:00 AM-12:00 PM \$15.00 SC4628-01

Introduction to Lane Swimming

With a skill analysis, lane swim etiquette education and tips for stroke improvement you will feel prepared to start your new lane swimming fitness regime.

Shaw Centre

Dec 12 Th 06:15 PM-06:45 PM FREE SC4168-01

PERSONAL TRAINING & FITNESS CONSULTATIONS

Each personal training session includes a one-hour Personal Consultation to discuss your specific needs and goals. This is an opportunity for you and your trainer to meet, build rapport and gather the information needed to develop an action plan.

We also offer an optional fitness assessment as a component of your personal training program*. It will evaluate your current level of fitness through various health measurements like endurance and strength, as well as identifying areas of improvement.

*fitness assessments available at Saskatoon Field House and Shaw Centre only

Semi-Private Training

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

6 sessions **\$236.25***
Lakewood Civic Centre LW4356-01
Lawson Civic Centre LC4356-01
Saskatoon Field House FH4356-01
Shaw Centre SC4356-01

11 sessions **\$416.75***
Lakewood Civic Centre LW4355-01
Lawson Civic Centre LC4355-01
Saskatoon Field House FH4355-01
Shaw Centre SC4355-01

*Price per person

Personal Training

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 **\$154.75**
Lakewood Civic Centre LW4346-01
Lawson Civic Centre LC4346-01
Saskatoon Field House FH4346-01
Shaw Centre SC4346-01

6 Sessions **\$310.00**
Lakewood Civic Centre LW4345-01
Lawson Civic Centre LC4345-01
Saskatoon Field House FH4345-01
Shaw Centre SC4345-01

11 Sessions **\$560.75**
Lakewood Civic Centre LW4344-01
Lawson Civic Centre LC4344-01
Saskatoon Field House FH4344-01
Shaw Centre SC4344-01

Revamp Your Workout

So you've been working out for a while but have yet to reach your goal? Maybe it's time to change it up. Our fitness consultants have the experience and creativity to put the burn back into your workout to get the results you want.

1 hour consultation & 1 hour training **\$82.25**
Lakewood Civic Centre LW4353-01
Lawson Civic Centre LC4353-01
Saskatoon Field House FH4353-01
Shaw Centre SC4353-01

Home Fitness

Want the privacy and flexibility of working out in your own home? Our fitness consultants will design you a program with minimal equipment and maximum results.

1 hour consultation & 1 hour training **\$82.25**
Cosmo Civic Centre CC4317-01
Harry Bailey Aquatic Centre HB4317-01
Lakewood Civic Centre LW4317-01
Lawson Civic Centre LC4317-01
Saskatoon Field House FH4317-01
Shaw Centre SC4317-01

Adult Basic Weight Training

For the absolute beginner. A machine based program to ensure maximum safety and ease of use. A great start to your life long fitness journey.

1 hour program **\$61.00**
Lakewood Civic Centre LW4302-01
Lawson Civic Centre LC4302-01
Saskatoon Field House FH4302-01
Shaw Centre SC4302-01

Group Fitness Training

Revive your workout with a choice of Fitness Yoga, Group Cycle, 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), employee fitness and groups.

Per 1 hour session **\$120.50**
Saskatoon Field House FH4315-01
Shaw Centre SC4315-01

FITNESS & HEALTH

Pilates®

This program focuses on the core postural muscles that help keep the body balanced. In particular, it will improve flexibility, balance and posture as well as tone and strengthen the entire body. This is a low-impact exercise program with results in five weeks. A great class to fit your healthy lifestyle.

Cosmo Civic Centre
 Sep 24-Nov 26 Tu 07:00 PM-08:00 PM \$115.75 CC4350-01

Mommy and Me Strollfit

Perfect for new parents and their babies. This walking-based program focuses on a cardio workout while incorporating muscle strengthening exercises to tone your body. The first half of the class involves walking the track with your baby while the second half targets muscle strengthening and postnatal core specific work. It is recommended moms be six weeks postpartum (8+ for caesarean).

Saskatoon Field House
 Oct 1-24 Tu/Th 10:45 AM-11:30 AM \$53.00 FH4339-01
 Oct 29-Nov 21 Tu/Th 10:45 AM-11:30 AM \$53.00 FH4339-02
 Nov 26-Dec 19 Tu/Th 10:45 AM-11:30 AM \$53.00 FH4339-03



Mommy 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 Mommy & 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 6 weeks postpartum (8+ weeks for caesarean).

Shaw Centre
 Sep 17-Oct 10 Tu/Th 01:15 PM-02:00 PM \$53.00 SC4338-01
 Oct 22-Nov 14 Tu/Th 01:15 PM-02:00 PM \$53.00 SC4338-02

Child Minding

Available at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre.

See page 10 or visit saskatoon.ca/dropinonline for hours.

Strollin' & Polin'

Take in and enjoy the many benefits of pole walking. Join this friendly social program for those 50+, as your instructor leads you through a warm-up, walking and strength and stretch component during this hour-long session. Poles are provided and are optional during this program.

Saskatoon Field House

| | | | | |
|---------------|-------|-------------------|---------|-----------|
| Oct 7-30 | M/W/F | 01:15 PM-02:15 PM | \$47.50 | FH4365-01 |
| Nov 1-25 | M/W/F | 01:15 PM-02:15 PM | \$47.50 | FH4365-02 |
| Nov 27-Dec 18 | M/W/F | 01:15 PM-02:15 PM | \$47.50 | FH4365-03 |

ARTS, CULTURE & RECREATION

New! Adult Learn to Skate

16+ yrs. It is never too late to learn to skate. Designed for beginners who want to learn how to balance on skates, start, stop and skate forwards and backwards. Participants advance at their own pace in a relaxed atmosphere. Each participant must provide their own skates and helmet; without these they will not be allowed on the ice.

Cosmo Arena

| | | | | |
|--------------|---|-------------------|---------|-----------|
| Oct 9-Nov 27 | W | 04:00 PM-04:45 PM | \$93.75 | CA4378-01 |
|--------------|---|-------------------|---------|-----------|

Asian Fusion

Learn how to prepare Chinese fusion dishes. This class includes preparation of Korean fried noodles, Japanese mirin pork chops with tomato and Vietnamese pineapple shrimp.

Cosmo Civic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Sep 15 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-01 |
|--------|----|-------------------|---------|-----------|

New! Asian Fusion II

Learn to prepare Asian cabbage rolls, okra rolls and basil rice just like the pros do in this fun class.

Cosmo Civic Centre

| | | | | |
|-------|----|-------------------|---------|-----------|
| Oct 6 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-03 |
|-------|----|-------------------|---------|-----------|

New! Asian Fusion III

Gain the confidence to cook signature dishes in no time including wonton soup, Singapore noodles and lemon chicken.

Cosmo Civic Centre

| | | | | |
|-------|----|-------------------|---------|-----------|
| Dec 8 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-10 |
|-------|----|-------------------|---------|-----------|

New! Asian Fusion Wonton Wrapping

Learn the skill of wonton wrapping to help you prepare delicious Japanese dumplings in addition to a quinoa chicken salad.

Cosmo Civic Centre

| | | | | |
|-------|----|-------------------|---------|-----------|
| Nov 3 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-06 |
|-------|----|-------------------|---------|-----------|

Flavours of Mexico

Bring the authentic taste of Mexico home. Learn to craft tortilla soup, enchiladas verdes, pibil pork and habanero salsa without having to book any flights.

Cosmo Civic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Sep 22 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-02 |
|--------|----|-------------------|---------|-----------|

Flavours of Mexico II

The flavours of Mexico travel to Saskatoon with this class that includes pablano cream, tostadas de tinga de pollo and a creamy caramel flan.

Cosmo Civic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Oct 27 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-05 |
|--------|----|-------------------|---------|-----------|

Flavours of Mexico III

Learn to prepare classic dishes from Mexico using easily found ingredients including lime soup, pozole and morita salsa.

Cosmo Civic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Nov 24 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-08 |
|--------|----|-------------------|---------|-----------|

New! Sushi Making II

Take your preparation of sushi to the next level. In this class you will learn how to make sushi rice, sushi cones and chicken/tofu miso soup.

Cosmo Civic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Oct 20 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-04 |
|--------|----|-------------------|---------|-----------|

Thai Cooking

Come and create some delicious Thai food. This class includes instruction on creating vermicelli soup, curry chicken and pad thai noodles.

Cosmo Civic Centre

| | | | | |
|-------|----|-------------------|---------|-----------|
| Dec 1 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-09 |
|-------|----|-------------------|---------|-----------|

Vietnamese Cooking I

Learn to prepare delectable Vietnamese dishes. This class includes preparation of fresh cold rolls, Vietnamese spring rolls and stir-fried rice noodles.

Cosmo Civic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Nov 17 | Su | 05:00 PM-08:00 PM | \$74.25 | CC4307-07 |
|--------|----|-------------------|---------|-----------|

Digital Photography

Learn the basics of digital photography. Class will include: how a digital camera works; types of digital cameras; image storage; and the basic principles of photography. There will be a chance to receive feedback on your photography skills and problem solving in a group setting. Participants require a digital camera (with manual).

Lakewood Civic Centre

| | | | | |
|-----------|----|-------------------|---------|-----------|
| Oct 17-24 | Th | 07:00 PM-09:00 PM | \$55.00 | LW4309-01 |
|-----------|----|-------------------|---------|-----------|

SPECIALIZED WELLNESS PROGRAMS

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 friend or family member.

Develop new friendships in a relaxed atmosphere with others living similar experiences. Class limited to 22 participants. For more information call 306-683-6322. To register call 306-975-3354.

Saskatoon Field House

| | | | | |
|---------------|----|-------------------|---------|-----------|
| Oct 8-Dec 10 | Tu | 01:30 PM-03:30 PM | \$30.00 | FH4510-01 |
| Oct 10-Dec 12 | Th | 01:30 PM-03:30 PM | \$30.00 | FH4510-02 |

Minds in Motion® is provided in partnership with the City of Saskatoon, Minds in Motion, the Alzheimer Society of Saskatchewan and Community Initiatives Fund.

The First Step Program™

This program offers supervised exercise and education components for individuals looking to make exercise a regular part of their life and 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 call 306-975-3121.

Saskatoon Field House

| | | |
|---------|------------|----------|
| Sep-Dec | Tu, Th, Sa | Mornings |
| | Tu, Th | Evenings |



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

| | | |
|---------|--------|-------------------|
| Sep-Dec | Tu, Th | 01:00 PM-02:30 PM |
|---------|--------|-------------------|

Stroke Exercise

| | | |
|---------|---------|-------------------|
| Sep-Dec | M, W, F | 02:00 PM-03:15 PM |
|---------|---------|-------------------|

The First Step Program™ and the Stroke and Exercise Program are provided in partnership with the City of Saskatoon, LiveWell and Saskatchewan Health Authority.

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 or job description.

For all training and certification courses, 100% attendance is mandatory.

FIRST AID & CPR CERTIFICATION

Red Cross Standard First Aid & CPR and AED Course

Learn Standard First Aid, CPR and AED skills in this certification course. Fee does not include manual cost of \$28.61.

Harry Bailey Aquatic Centre

| | | | | |
|-----------|-------|-------------------|----------|-----------|
| Sep 14-15 | Sa-Su | 09:00 AM-05:30 PM | \$126.75 | HB4609-01 |
| Nov 16-17 | Sa-Su | 09:00 AM-05:30 PM | \$126.75 | HB4609-02 |
| Dec 21-22 | Sa-Su | 09:00 AM-05:30 PM | \$126.75 | HB4609-03 |

Red Cross Standard First Aid & CPR 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.

Harry Bailey Aquatic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Sep 29 | Su | 10:00 AM-06:00 PM | \$71.50 | HB4610-01 |
| Nov 5 | Tu | 10:00 AM-06:00 PM | \$71.50 | HB4610-02 |
| Nov 30 | Sa | 10:00 AM-06:00 PM | \$71.50 | HB4610-03 |

LIFESAVING & GUARDING

New! How to Become a Lifeguard

Want to become a lifeguard, but not sure where to start? Join us for a free one-hour information session and learn the necessary steps and courses required to become a certified lifeguard and swim instructor with the City of Saskatoon. We will discuss the great benefits of being a lifeguard and answer all your questions. Parents, youth and children welcome.

Harry Bailey Aquatic Centre

| | | | | |
|--------|----|-------------------|------|-----------|
| Sep 10 | Tu | 06:00 PM-07:00 PM | FREE | HB4631-01 |
|--------|----|-------------------|------|-----------|

Lifeguard Quest Program

10-13 yrs. Pre-requisite: completion of Swim Kids Level 7. An action packed program that allows students to work towards Red Cross Swim Kids 8, 9, 10 and Lifesaving Society programs Rookie, Ranger and Star Patrol. Acquire both Red Cross and Lifesaving Swim awards at the same time.

Harry Bailey Aquatic Centre

| | | | | | |
|--------------|---|-------------------|---|---------|-----------|
| Oct 9-Nov 27 | W | 05:30 PM-07:30 PM | 8 | \$96.00 | HB4153-01 |
|--------------|---|-------------------|---|---------|-----------|

Lifesaving Society Bronze Star

An introduction to basic lifesaving techniques with this pre-Bronze Medallion award. There are no age restrictions although it is recommended to have a high comfort level in deep water. Fee does not include manual cost of \$39.90, which is also required for Bronze Medallion and Bronze Cross.

Harry Bailey Aquatic Centre

| | | | | | |
|-------------|---|-------------------|--|----------|-----------|
| Sep 9-Nov 4 | M | 06:30 PM-08:30 PM | | \$102.75 | HB4605-01 |
|-------------|---|-------------------|--|----------|-----------|

Lifesaving Society Bronze Medallion

Pre-requisite: Minimum 13 yrs or completion of Bronze Star. Course teaches the four lifesaving principles of water rescue education: knowledge; judgement; skills; and fitness. Fee does not include manual cost of \$39.90, which is also required for Bronze Cross.

Harry Bailey Aquatic Centre

| | | | | | |
|---------------|-------|-------------------|--|----------|-----------|
| Sep 20 | F | 05:30 PM-09:30 PM | | \$124.50 | HB4604-02 |
| Sep 21-22 | Sa-Su | 09:00 AM-05:30 PM | | | |
| Sep 30-Dec 16 | M | 05:00 PM-07:00 PM | | \$124.50 | HB4604-01 |
| Nov 1 | F | 05:30 PM-09:30 PM | | \$124.50 | HB4604-03 |
| Nov 2-3 | Sa-Su | 09:00 AM-05:30 PM | | | |
| Dec 27-29 | F-Su | 09:00 AM-04:30 PM | | \$124.50 | HB4604-04 |

Lifesaving Society Bronze Cross

Pre-requisite: Bronze Medallion. A course that trains the participant in the areas of advanced lifesaving rescues and skills. Bronze Cross is a prerequisite to the National Lifeguard Service Award. Fee does not include manual cost of \$39.90.

Harry Bailey Aquatic Centre

| | | | | | |
|-----------|-------|-------------------|--|----------|-----------|
| Sep 27 | F | 05:30 PM-09:30 PM | | \$124.50 | HB4603-01 |
| Sep 28-29 | Sa-Su | 09:00 AM-05:30 PM | | | |
| Dec 27-29 | F-Su | 09:00 AM-04:30 PM | | \$124.50 | HB4603-02 |



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 306-975-3321.

*To obtain employment as a Lifeguard with the City of Saskatoon, both the Lifesaving Society National Lifeguard Award and Water Safety Instructor Certifications 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/AED
Pre-requisites: None
- 4 LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)
Pre-requisites: 16 years old, Standard First Aid, CPR "C" & AED, Lifesaving Bronze Cross

STEPS TO BECOME A RED CROSS SWIMMING INSTRUCTOR

- 1 SKILLS EVALUATION COMPONENT
Pre-requisites: One of Red Cross Assistant Lifeguard, Emergency First Aid or Bronze Cross (Certifications do not need to be current)
- 2 ONLINE COMPONENT
Pre-requisites: 15 years old
- 3 TEACHING EXPERIENCE COMPONENT
Pre-requisites: Online Module Completion Certification, Signed Skills Evaluation
- 4 CLASSROOM AND POOL COMPONENT
Pre-requisites: Teaching Experience Component

Lifesaving Society Bronze Challenge Exam

10-14 yrs. Youth who have completed the Bronze Medallion or Bronze Cross class, but did not pass or attend the exam, have the opportunity to challenge the exam. Adults with significant aquatic experience and feel competent in their skills also have the opportunity to challenge the exam. Call Harry Bailey Aquatic Centre at 306-975-2931 for more information.

Harry Bailey Aquatic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Dec 31 | Tu | 09:00 AM-01:00 PM | \$51.00 | HB4602-01 |
|--------|----|-------------------|---------|-----------|

Lifesaving Society Lifesaving Instructor

16+ yrs. Pre-requisites: Bronze Cross or National Lifeguard Award and Standard First Aid & CPR and AED Course. Learn the fundamentals and the values of the Lifesaving Society Learn to Swim Program as well as advanced lifesaving skills. Fee does not include manual cost of \$94.50.

Harry Bailey Aquatic Centre

| | | | | |
|-------------|----|-------------------|----------|-----------|
| Nov 7 | Th | 05:00 PM-10:00 PM | \$255.00 | HB4601-01 |
| Nov 8 & 15 | F | 05:00 PM-10:00 PM | | |
| Nov 9 & 16 | Sa | 09:00 AM-05:30 PM | | |
| Nov 10 & 17 | Su | 09:00 AM-05:30 PM | | |

Lifesaving Society National Lifeguard Award

16 yrs+. Pre-requisite: Bronze Cross and Standard First Aid, CPR 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 \$39.90.

Harry Bailey Aquatic Centre

| | | | | |
|-------------|----|-------------------|----------|-----------|
| Oct 18 & 25 | F | 05:30 PM-10:00 PM | \$178.50 | HB4606-01 |
| Oct 19 & 26 | Sa | 09:00 AM-06:30 PM | | |
| Oct 20 & 27 | 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.

Harry Bailey Aquatic Centre

| | | | | |
|--------|----|-------------------|---------|-----------|
| Sep 13 | F | 05:00 PM-09:00 PM | \$66.25 | HB4607-01 |
| Nov 23 | Sa | 01:00 PM-05:00 PM | \$66.25 | HB4607-02 |

WATER SAFETY INSTRUCTOR (WSI) CERTIFICATION

New format! Two components are required to complete this certification. Pre-requisite: Participants must be 15 years of age to register and possess one of the following certifications: Red Cross Assistant Lifeguard, Emergency First Aid or equivalent (Bronze Cross). Certifications are not required to be current.

Skills Evaluation & Online Learning Component

In this three hour Skills Evaluation session, candidates must be prepared to demonstrate water safety skills and strokes to a Red Cross Level 10 standard, as well as instructor emergency response skills. The Online Learning Component course package will be distributed and is to be completed at home. Included in the course package are the WSI workbook, Red Cross Swim deck book, and access to Red Cross online support.

Harry Bailey Aquatic Centre

| | | | | |
|--------|----|-------------------|----------|-----------|
| Sep 13 | F | 04:00 PM-07:00 PM | \$180.50 | HB4633-01 |
| Nov 3 | Su | 11:30 AM-02:30 PM | \$180.50 | HB4633-02 |

Teaching Experience & Classroom and Pool Component

Prerequisite: Must have successfully completed the Skills Evaluation & Online Learning Component. In the Teaching Experience Component, participants will mentor with and practice teaching Red Cross swimming lessons with a certified Red Cross WSI instructor during a lesson set (8-10 lessons). Participants will be contacted by an Aquatic Technician a week prior to a swim lesson set regarding dates and times of the lessons. In the Classroom and Pool Component, candidates will be evaluated on their

knowledge and ability to apply the theory for planning, teaching and evaluating swimmers in Red Cross programs. To demonstrate their skills, the candidate will complete a variety of practice teaching exercises.

Harry Bailey Aquatic Centre

| | | | | |
|-----------|-------|-------------------|----------|-----------|
| Dec 13 | F | 05:00 PM-10:00 PM | \$227.50 | HB4634-01 |
| Dec 14-15 | Sa-Su | 08:00 AM-05:30 PM | | |

Water Safety Instructor Recertification

Pre-requisite: Proof of current Water Safety Instructor Certificate. This is a recertification course for the Water Safety Instructor Certificate, that must be done every two years in order to remain certified. Bring your Water Safety Instructor Manual to the course.

Harry Bailey Aquatic Centre

| | | | | |
|-------|----|-------------------|---------|-----------|
| Dec 8 | Su | 10:00 AM-03:00 PM | \$71.50 | HB4611-01 |
|-------|----|-------------------|---------|-----------|

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.

New format! STEPS TO BECOMING CERTIFIED SPRA FITNESS INSTRUCTOR

- 1 EXERCISE THEORY
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





Easy, quick, click! Register online at
leisureonline.saskatoon.ca

See pages 2 & 15 for details.

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.

Shaw Centre

Sep 3 Tu 06:00 PM-07:30 PM FREE SC4318-01

SPRA Exercise Theory Course

16 yrs+. A 24-hour course introducing 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 \$55.65.

Cosmo Civic Centre

Sep 13 & 20 F 06:00 PM-10:00 PM \$292.25 CC4613-01
 Sep 14 & 21 Sa 09:00 AM-05:00 PM

SPRA Group Exercise Fundamentals Course

16yrs+. 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 \$55.65.

Saskatoon Field House

Oct 25 F 06:00 PM-10:00 PM \$187.50 FH4614-01
 Oct 26 Sa 09:00 AM-05:00 PM

SPRA Total Body Conditioning Specialty Course

16yrs+. Pre-requisite: SPRA Group Exercise Fundamentals Course. This 8-hour practical-based course covers specific information for planning and developing classes that include a cardio component and use of portable equipment. Examples of equipment used include: free weights, body bars/ barbells, stability balls, tubing/bands, BOSU® and medicine balls. Practical exam fee of \$50 is not included registration fee and payable on exam day.

Saskatoon Field House

Oct 27 Su 09:00 AM-05:00 PM \$110.25 FH4612-01

SPRA Exercise for Older Adults Course

16 yrs +. Pre-requisite: SPRA Exercise Theory Course. This 20-hour course will increase your knowledge and confidence level in leading a group exercise class for older adults on land. 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. Fee does not include \$50 practical exam fee payable on exam day or \$71.40 manual cost.

Saskatoon Field House

Nov 22 F 06:00 PM-10:00 PM \$220.50 FH4625-01
 Nov 23-24 Sa-Su 09:00 AM-05:00 PM

SPRA Aquatic Exercise Course

16 yrs+. Pre-requisite SPRA Exercise Theory Course. 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. Fee does not include \$50 practical exam fee payable on exam day or \$55.65 manual cost.

Lawson Civic Centre

Nov 22 F 06:00 PM-10:00 PM \$253.25 LC4624-01
 Nov 23-24 Sa-Su 09:00 AM-05:00 PM

Note: SPRA Step & Choreography Specialty and SPRA Group Cycle Specialty Courses will be offered in upcoming seasons. Watch for more details!

EMPLOYMENT OPPORTUNITIES

Qualified Instructors Wanted

The City of Saskatoon maintains a registry that is used to place paid instructors with 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 for information.

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, Indoor Rinks, Saskatoon Forestry Farm Park & Zoo, Golf Courses, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

Bulk Tickets
 Get 10 general admissions for less than the price of 8! Split up or give as a pack for drop-in access to any Leisure Centre.

Available for purchase at all the participating facilities and City Hall (2nd Floor Recreation & Community Development reception).

saskatoon.ca/admissions

LEISURE CENTRES

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, 43 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. WiFi is available at all locations.

For more information on public skating and Parent and Tot times visit saskatoon.ca/dropinonline. For more information on Learn-to-Skate programs for all ages refer to pages 24, 25 and 30.



ADMISSIONS

| Adult (19+) | Youth (6-18 yrs) | Preschool (0-5 yrs) | Family* | Parent & Tot |
|-------------|------------------|---------------------|---------|--------------|
| \$5.75 | \$3.75 | FREE | \$11.50 | FREE |

*Cash, LeisureCards and Leisure Gift Cards accepted; prices include GST. 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.

ACT Arena
107-105th Street • 306-975-3316 • *Opens Sep 8*

Archibald Arena
1410 Windsor Street • 306-975-3313 • *Opens Oct 6*

Cosmo Arena
3130 Laurier Drive • 306-975-3370 • *Opens Oct 2*

Lions Arena
2205 McEown Avenue • 306-975-3306 • *Opens Oct 6*

Gordie Howe Kinsmen Arena*
1405 Avenue P South • 306-975-3310

**Available for rentals only.*

CLARENCE DOWNEY SPEED SKATING OVAL

Dudley Street & Avenue R South in Gordon Howe 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. New, improved facilities are under construction, so for future seasons a temporary warm-up shack will be available for skaters to change their skates. *Admission is FREE.*

Open December 15-March 1 *(weather & ice conditions permitting)*

Monday to Thursday 12:00 PM-03:30 PM & 04:30 PM-08:00 PM

Saturday & Sunday 10:15 AM-06:00 PM



OUTDOOR RINKS

Saskatoon has several neighbourhood outdoor rinks operated by the Community Associations. Visit pages 38-43 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 in Kinsmen Park. For more information visit their website at saskatoonnordicski.ca.



DOG PARKS

SEASONAL FUN!



Enjoy time with your dog at one of the City of Saskatoon's dog parks. Dog parks are naturalized spaces where dogs are permitted to be off leash while under the control of their owner. This allows both owner and dog to enjoy exercise together while socializing with others. Find a dog park in your neighbourhood on pages 4-5. A valid dog license is required to access any dog park. Pet licenses can be purchased online at saskatoon.ca/petsonline, at City Hall or local vendors throughout Saskatoon. Visit saskatoon.ca/petlicensing for more information.



WintercityYXE is a joint project between the City and community groups to celebrate our winter season and strives to make Saskatoon's winter more inviting, vibrant and popular. For more information on Saskatoon's winter events, activities and facilities please visit saskatoon.ca/wintercityYXE.

SASKATOON FORESTRY FARM PARK & ZOO

SEASONAL FUN!

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

ZOO HOURS

Until Aug 18 09:00 AM-09:00 PM
 Aug 19-Sep 2 09:00 AM-08:00 PM
 Sep 3-Dec 31 10:00 AM-04:00 PM

PARK HOURS

Until Sep 2 07:30 AM-09:00 PM
 Sep 3-30 07:30 AM-07:00 PM
 Oct 1-Dec 31 07:30 PM-04:00 PM

Saskatoon Forestry Farm Park & Zoo is closed on Dec 25.



It all began with a tree nursery. Millions of saplings and a hundred years later, the Saskatoon Forestry Farm Park & Zoo remains a cornerstone of ecology, inspired learning and lasting memories. Today, this National Historic Site boasts restored heritage buildings, carefully-crafted garden spaces, a naturally-themed playground and Saskatchewan's only CAZA-AZAC accredited Zoo. Whether your visit is lively and exciting or quietly reflective, the experience is sure to be a memorable one.

Zoo

Have you ever met a Grizzly Bear? How about a mob of Meerkats? Find yourself eye-to-eye with native prairie animals, exotic reptiles, birds of prey, monkeys and more. With over 80 species living at the Zoo there is never a dull moment!

Forestry Farm Park

The Forestry Farm Park offers picnic sites, walking trails, beautiful gardens, an accessible playground, a fishing pond (permit available from front gate) and more.

BHP Enchanted Forest Holiday Light Tour

November 15–January 5. Experience the most spectacular drive-through holiday light display featuring over 75 custom displays throughout the Forestry Farm Park. Proceeds support the Saskatoon Zoo Foundation and Saskatoon City Hospital Foundation. For more information visit enchanted-forest.org.

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.

EdZOOcational Opportunities

The Saskatoon Zoo Society offers a large variety of educational programs for all ages. Programs include Animal Antics Preschool programs, Summer and Winter Zoo Camps, PD Day Zoo Crew programs, Young Naturalists' Nature programs and much more! Learn all about animals and nature from our dedicated and knowledgeable educators.

For more information or to register, visit saskatoonzoosociety.ca or call 306-975-3395.

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, Saskatoon Zoo Society and fRI Research.



ZOO ADMISSION RATES

(Until Oct 31. Admission is by donation Nov 1-Dec 31)

| Prices include GST | Adult (19+) | Youth (6-18 yrs) | Preschool (0-5 yrs) | Family* |
|------------------------|-------------|------------------|---------------------|---------|
| Daily Admission | \$12.50 | \$7.50 | FREE | \$25.00 |
| Season Pass | \$40.00 | \$24.00 | FREE | \$80.00 |

Group Rates available for six or more people (\$0.50 off each individual daily admission rate).

* Family is defined as a group of up to seven individuals, related by birth, legal status or marriage, with a maximum of two adults.

PARKING FEE

(Until September 2)

Daily \$2.50/vehicle
 Season Pass \$13.00

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



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 every occasion at saskatoon.ca/facilityrentals.

INDOOR LEISURE CENTRES

Perfect for birthday parties!

Leisure Centres can accommodate groups from five to 4,500 and almost every kind of occasion. Our flexible rental plans allow you to rent the entire building or just the facilities you need. For bookings, contact Customer Service at the Leisure Centre of your choice:

- Cosmo Civic Centre • 306-975-3344
- Harry Bailey Aquatic Centre • 306-975-3003
- Lakewood Civic Centre • 306-975-2944
- Lawson Civic Centre • 306-975-2951
- Saskatoon Field House • 306-975-3354
- Shaw Centre • 306-975-7772

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.

Hourly Rentals (*All rates effective September 1, 2019 to August 31, 2020; GST extra)

| RENTAL SPACE | HOURLY FEE* | CCC | LWC | LCC | HBC | SFH | SCC |
|--------------------|----------------------|-----|----------------------------|---------------------------|--------------------------|-----------------|--------------------------------|
| Small Meeting Room | \$20.30 | ● | ● | | ● | ● | ● |
| Large Meeting Room | \$30.30 | ● | | | | | ● |
| Multi-Purpose Room | \$30.30 | ● | ● | ● | | ● | ● |
| Theatre | \$30.30 | ● | | | | | |
| Gymnasium | \$50.50 | ● | ● | | | | ● |
| Competitive Pool | \$212.70 \$265.90 | | | | Diving Boards 8 Lanes | | Diving Boards 50m, 10 Lanes |
| Leisure Pool | \$142.00 | | Waterslide 25m, 4 Lanes | Wave Pool 25m, 4 Lanes | 25m, 6 Lanes | | |
| Warm Up Pool | \$106.50 | | | | | | 25m, 6 Lanes |
| Family Pool | \$106.50 | | | | | | Waterslide & Watertoys |
| Indoor Track | \$142.00 \$71.00 | | | | | 200m 6 Lanes | 165m 3 Lanes |
| Sports Court | \$35.50 | | | | | ● | |
| Walleyball Court | \$19.60 [^] | ● | | | | | |
| Track Warm-Up Area | \$40.50 | | | | | ● | |

[^]Price includes tax.

Daily Rentals (*All rates effective September 1, 2019 to August 31, 2020; GST extra)

| RENTAL SPACE | DAILY FEE* | CCC | LWC | LCC | HBC | SFH | SCC |
|--|--------------------|-----|-----|-----|-----|-----|-----|
| Competitive and Leisure Pools & Meeting Room | \$3,375 | | | | ● | | |
| Competitive and Warm-up Pool & Meeting Room | \$3,559 | | | | | | ● |
| Competitive Pool & Meeting Room | \$2,097 \$2,666 | | | | ● | | ● |
| Track & Field (includes warm-up area) | \$2,921 | | | | | ● | |
| Full Building* | \$3,559 | | | | | ● | |

*Exclusions apply

CCC Cosmo Civic Centre • HBC Harry Bailey Aquatic Centre • SCC Shaw Centre
LCC Lawson Civic Centre • LWC Lakewood Civic Centre • SFH Saskatoon Field House



Pick up a copy of the Recreation Facility Rental Options guide at any Leisure Centre or saskatoon.ca/facilityrentals.

PARKS, SPORTS FIELDS & ATTRACTIONS

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.

Unique Facility Rental & Booking Opportunities:

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

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

For more information:

The Allocations Office can provide you with more information on rink, sports field and other unique facility rentals. Email allocations@saskatoon.ca or call 306-975-3366 or for assistance in selecting a location that is right for your event.

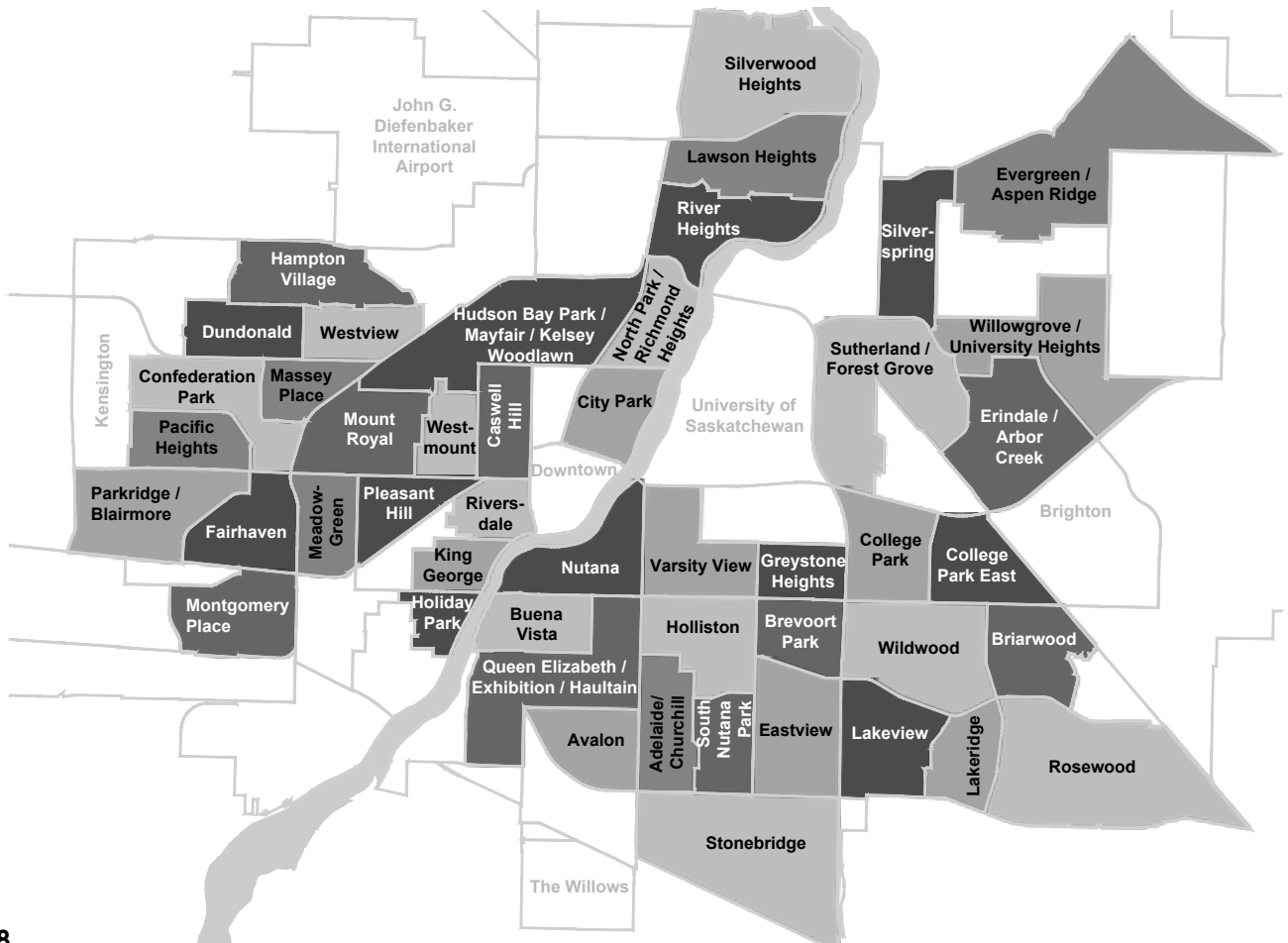
COMMUNITY ASSOCIATIONS



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.** Register in Fall, Winter and Spring for programs offered within your community. For up-to-date program listings, please refer to your Community Association's newsletter, website or Facebook page.
- **Outdoor rinks.** Enjoy free skating at 54 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 get involved and volunteer with your Community Association. Find out more at saskatoon.ca/volunteer.

To learn more about Community Associations, see their program details or to find out what neighbourhood you live in, visit saskatoon.ca/communityassociations or contact 306-975-3378.



The Community Association programs listed below are intended to provide a general idea of the types of programs being offered this season and are not a complete list. Programs are subject to change due to unforeseen circumstances. For full, up-to-date program listings, 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: August 29-September 15
In-person registration: September 16 from 6:30-8:00 PM
 Hugh Cairns VC School (Gym), 2621 Cairns Avenue
Annual membership: \$15 per household
Web: www.myapcca.ca
Email: info@adelaidechurchill.ca
Outdoor Rink(s): Hugh Cairns VC School, 2621 Cairns Avenue
 St. Philip School, 1901 Haultain Avenue
Programs include: ADULT: Yoga • Pilates • Pickleball • Beginner Crochet • Zumba
 Everyday Financial Wellness • Learn to Run • YOUTH: Art Class • Girls on the Move
 Hip Hop • Futsal • Babysitting Course • STEM Activities • CHILDREN: Dance • Floor Hockey
 • STEM Activities • PRESCHOOL: Dance • Kindersoccer • Dance Fusion
 Music on the Move • FAMILY/ALL AGES: Games Nights

AVALON

In-person registration: TBD
 John Lake School (Gym), 2606 Broadway Avenue
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
Programs include: ADULT: Boot Camp • Biggest Loser • Yoga • Conversational Spanish
 YOUTH: Masterchef • Babysitting Course • Breakdance • Advanced Tae Kwon Do
 CHILDREN: Ballet • Hip Hop • Crafts • Kindersoccer • PRESCHOOL: Ballet • Kindergym

BREVOORT PARK

Online registration: August 18-September 13
In-person registration: September 4 from 7:00-8:30 PM (after AGM)
 Brevoort Park School (Library), 2809 Early Drive
Annual membership: \$10 per 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: ALL AGES: Badminton • Karate • ADULT - Pickleball • All Levels Yoga
 • Gentle Yoga • Drawing • Cardio & Sculpt • Zumba • YOUTH: Drawing & Cartooning Floor
 Hockey • Young Artists • Drama • Hip Hop • Drop-in Gym • CHILDREN: Gym Games Ballet
 Ballet/Jazz Combo • Young Einsteins • PRESCHOOL: Kindersoccer • Intro to Sports • Ballet
 PARENT & CHILD: Badminton • Karate

BRIARWOOD

Online registration: August 20-September 15
Annual membership: \$15 per household
Web: www.briarwoodca.com
Email: briarwoodipc@gmail.com
Outdoor Rink(s): Briarwood Park, 602 Briarwood Road
Programs include: ADULT: Yoga • Pilates • Sculpt & Stretch • Boot Camp • Butts N' Guts
 Tai Chi

BUENA VISTA

In-person registration: September 4 from 6:30-8:30 PM
 Buena Vista School, 1306 Lorne Avenue
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
Programs include: ADULT: Yoga • Pilates • Zumba • Pickleball • Boot Camp • Social
 Dance • Book Club • Volleyball • CHILDREN: Drop-in Soccer* • Soccer • PRESCHOOL:
 Family Kindergym • Kindersoccer

CASWELL HILL

Online registration: September 4-December 15
In-person registration: Email us or at first class
Annual membership: No membership fee is required
Web: www.caswellhill.ca
Email: caswellprograms@gmail.com
Facebook: www.facebook.com/CaswellCA
Outdoor Rink(s): Caswell School, 204 30th Street West
Programs include: ADULT: Caswell Fit • Yoga • NEW Learn To's • YOUTH - Open Gym*

CITY PARK

Online registration: August 26-TBD
In-person registration: September 3 from 6:00-7:00 PM
 City Park Collegiate, 820 9th Avenue North
Annual membership: No membership fee is required
Web: www.cityparksask.com
Email: cityparkprograms@gmail.com
Facebook: www.facebook.com/CityParkSask
Outdoor Rink(s): Affinity Credit Union Rink, 710 Duke Street
Programs include: ALL LEVELS: Badminton • Pickleball • ADULT: All Levels Yoga
 Intermediate Yoga • Men's Basketball • Write Your Memoirs • PARENT & CHILD: Open Gym*

COLLEGE PARK

Online registration: September 1-14
In-person registration: September 11 at 6:30 PM (after AGM)
 College Park School, 3440 Harrington Street
Annual membership: \$15 per family
Web: www.collegeparksaskatoon.com
Email: indoor@collegeparksaskatoon.com
Outdoor Rink(s): Dr. Gerhard Hertzberg Park, 131 Campion Crescent
Programs include: ALL AGES: Welcome to the Neighbourhood* • Plalkers & Snow
 Angels* • Intro to Painting • ADULT: Chair Yoga • Tai Chi • YOUTH: Youth on the Move*
 Volleyball for Fun • 4-H Explorers • Babysitting Course • CHILDREN/PRESCHOOL: Monkey
 Madness • Run, Jump, Throw • Little Artists • PARENT & CHILD: Family Yoga

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



CONFEDERATION PARK

In-person registration: September 9 from 6:30-8:00 PM
Confederation Park School, 3555 John A. McDonald Road
September 11 from 6:30-8:00 PM
Bishop Roborecki School, 24 Pearson Place

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

Programs include: ADULT: Basketball • Floor Hockey • Pickleball • Learn To Pickleball*
YOUTH: Soccer • CHILDREN: Soccer • PARENT & CHILD: Open Gym

DUNDONALD

Online registration: August 15-September 15

In-person registration: September 12 from 6:30-8:00 PM
Dundonald School, 162 Wedge Road

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

Programs include: ALL AGES: Zentangle • ADULT: Volleyball • Yoga • YOUTH: Basketball
Soccer • CHILDREN: Basketball • Soccer • PRESCHOOL: Kindersport

EAST COLLEGE PARK

Online registration: August 1-31

Annual membership: \$15 per family

Web: www.ecpark.ca

Email: indoor@ecpark.ca

Facebook: www.facebook.com/eastcollegepark

Outdoor Rink(s): St. Augustine School, 602 Boychuk Drive

Programs include: ADULT: Yoga • Zumba • Painting • YOUTH: Girls on the Move
Boys Open Gym • CHILDREN: Art Class

EASTVIEW

Online registration: August 20-September 22

In-person registration: September 4 from 6:00-7:00 PM
James Anderson Park, 1130-100 East Centre (at the
padding pool)

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

Programs include: ALL AGES: Sign Language • ADULT: Badminton • Art • Pickleball Boot
Camp • Tai Chi • Yoga • Zumba • Learn to Run • Soccer • YOUTH: Badminton Basketball
Soccer • Cartooning • Drama • CHILDREN: Hip Hop • Floor Hockey • Art
Ballet/Jazz • Young Einsteins • PRESCHOOL: Intro to Dance • Intro to Sports • Gym Games
Kindersoccer • Ballet

ERINDALE / ARBOR CREEK**

Online registration: September 5-8 (shared) and September 23 (EACCA)

In-person registration: September 4 from 6:30-9:30 PM (after AGM)
Dr J.G. Egnatoff School, 225 Kenderdine Road

Annual membership: \$10 per individual/family

Web: www.erindalearborecreek.org

Email: eacca@erindalearborecreek.org

Facebook: www.facebook.com/EACCA-Saskatoon

Outdoor Rink(s): Quinn Stevenson Memorial Rink, 225 Kenderdine Road

Programs include: ALL AGES: Family Yoga • ADULT: Aerobics • Boot Camp • Drawing
Hula Hooping • Kettlebell • Kickboxing • Organizing Photos & Life • Pilates • Tai Chi
Yoga • Volleyball • Zumba • YOUTH: Babysitting Course • Hula Hooping • Tai Chi • Yoga
CHILDREN: Basketball • Soccer • Cooking • Dance • Kindercise • Floor Hockey • Sports
ABC • Tae Kwon Do • PRESCHOOL: Blast Ball • Kindercise • Sports ABC • Tae Kwon Do
PARENT & CHILD: Kindercise*

EVERGREEN/ASPEN RIDGE**

Online registration: September 5-8

Annual membership: \$10 per family

Web: www.evergreencommunityassociation.wordpress.com

Email: ecaindoorprogramcoordinator@gmail.com

Facebook: www.facebook.com/saskatoonevergreen

Outdoor Rink(s): Funk Park, 628 Manek Road

Programs include: ADULT: Chair Yoga • Co-ed Basketball • Full Body Circuit • Yoga
Vinyasa Flow • YOUTH: Basketball • Tai Chi • Zumba • CHILDREN: Blast Ball • Creative
Dance • Yoga • PRESCHOOL: Blast Ball • Creative Dance • Kindersize • PARENT & CHILD:
Family Get Fit Night • Kindersize

FAIRHAVEN

In-person registration: September 11 from 6:30-8:00 PM

Annual membership: \$10 per individual/family

Web: www.fairhavencommunity.ca/wordpress

Email: indoor@fairhavencommunity.ca

Facebook: www.facebook.com/Fairhavencommunityassociation

Outdoor Rink(s): Fairhaven School, 495 Forrester Road

Programs include: ADULT: Co-ed Aerobics • Co-ed Volleyball Seniors Pickleball
YOUTH: Co-ed Drop-in Sports Night* • CHILDREN: Jazz • Soccer • PRESCHOOL: Ballet

GREYSTONE HEIGHTS

Online registration: September 1-18

In-person registration: September 11 from 6:30-8:00 PM
Greystone Heights School, 2721 Main Street

Annual membership: \$10 per family

Web: www.thegreystone.ca

Email: jtrifel@shaw.ca

Facebook: www.facebook.com/greystoneheights

Outdoor Rink(s): Greystone Heights School, 2721 Main Street

Programs include: ADULT: Pickleball • All Levels Yoga • YOUTH: Basketball
CHILDREN: Hip Hop • Art • Karate • PRESCHOOL: Movement to Music

HAMPTON VILLAGE

Online registration: August 18-TBD

In-person registration: September 5 from 6:30-8:00 PM
Hampton Village Schools, 1055 Hampton Circle
(Community Entrance)

Annual membership: \$10 per individual/family

Web: www.saskhvca.com

Email: allocations@saskhvca.com

Facebook: www.facebook.com/hamptonvillage

Outdoor Rink(s): St. Lorenzo Ruiz School, 1023 Hampton Circle

Programs include: ADULT: Yoga • Bootcamp • Floor Hockey • Table Games* • English
Practice* • YOUTH: Co-ed Basketball* • Babysitting Course • CHILDREN: Cheer • Hip Hop
Salsa • Floor Hockey • Soccer • PRESCHOOL: Dance • Kindersoccer • PARENT & CHILD:
Mom & Baby Fitness • Parent Nights • Storytime

HOLIDAY PARK

In-person registration: September 9 from 6:30-8:00 pm
St. John School, 1205 Avenue N South

Annual membership: No membership fee is required

Web: www.holidayparksaskatoon.ca

Email: indoorcoordinator.holidaypark@gmail.com

Outdoor Rink(s): St. John School, 1205 Avenue N South

Programs include: ADULT: Pilates • YOUTH: Soccer • Floor Hockey • Dodgeball
CHILDREN: Soccer • Looming

HOLLISTON

In-person registration: September 4 from 6:30-8:00 PM
Holliston Elementary School (Multi-purpose Room),
1511 Louise Avenue

Annual membership: \$15 per individual/family

Web: <https://www.hollistoncommunityassociation.com/>

Email: hollistonca@hotmail.com

Facebook: www.facebook.com/HollistonCA

Outdoor Rink(s): Holliston School, 1511 Louise Avenue

Programs include: ADULT: *Beginner Yoga • Yin Yoga • Intermediate Yoga • Zumba Men's Floor Hockey • Low Impact Aerobics* • CHILDREN: *Reading Buddies**

HUDSON BAY PARK/MAYFAIR/KELSEY WOODLAWN

Online registration: August 19-September 13

In-person registration: September 5 from 7:00-8:00 PM
École Henry Kelsey School, 16 Valens Drive

Annual membership: No membership fee is required

Web: <http://3x33.ca>

Email: hbpkmwindoor@gmail.com

Facebook: www.facebook.com/hbpkmw

Outdoor Rink(s): École Henry Kelsey School, 16 Valens Drive

Programs include: ADULT: *Drop-in Floor Hockey • Tai Chi • Essentrics • Gentle Yoga Zumba • Art Class* • YOUTH: *Co-ed Boot Camp* • CHILDREN: *Art & Crafts • Co-ed Sports Mash* • PRESCHOOL: *Creative Movement*

KING GEORGE

Online registration: September 16-18

In-person registration: September 17 from 6:00-7:00 PM
King George Community School (Gym),
721 Avenue K South

Annual membership: No membership fee is required

Web: N/A

Email: kgca.indoorprograms@yahoo.com

Facebook: www.facebook.com/kgcask

Outdoor Rink(s): King George School, 721 Avenue K South

Programs include: ADULT: *Yoga* • YOUTH: *Cooking • Mè Ta Wè Tàn Youth Centre PARENT & CHILD: Cooking*

LAKERIDGE

Online registration: August 19-September 9

In-person registration: September 10 from 6:30-8:00 PM, location TBA

Annual membership: \$10 per 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: *Pickleball • Yoga* • YOUTH: *Basketball • Yoga* • CHILDREN: *Dance • Soccer* • PRESCHOOL: *Dance*

LAKEVIEW

Online registration: September 3-16

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: ADULT: *Yoga • Pilates • Bootcamp • Zumba • Pickleball* • YOUTH: *Soccer • Basketball*

LAWSON HEIGHTS

Online registration: September 1-13

In-person registration: September 10 from 6:30-8:00 PM
Lawson Heights School (Library), 430 Redberry Road

Annual membership: \$10 per family

Web: www.lawsonheights.ca

Email: programs@lawsonheights.ca

Facebook: www.facebook.com/lawsonheights

Outdoor Rink(s): Lawson Heights School, 430 Redberry Road
St. George School, 748 Redberry Road

Programs include: ADULT: *Badminton • Pickleball • Insanity Live • Bootcamp* • YOUTH: *Basketball • Soccer • Red Cross Babysitting* • CHILDREN: *Red Cross Stay Safe Kindersoccer*

MASSEY PLACE

In-person registration: September 10 and September 12 from 6:00-8:00 PM
Vincent Massey School, 1001 Northumberland Avenue

Annual membership: \$10 per individual/family

Web: www.masseyplace.org

Email: masseyindoor@hotmail.com

Facebook: www.facebook.com/MasseyPlaceCommunity.Saskatoon.SK

Outdoor Rink(s): Vincent Massey School, 1001 Northumberland Avenue

Programs include: ADULT: *Floor Hockey • Volleyball • Yoga • Zumba • Book Club* • Craft Night (bring a project)** • YOUTH: *Basketball Skills & Drills* • CHILDREN: *Ballet • Hip Hop Dance • Karate*

COMMUNITY RECREATION GROUP OF MEADOWGREEN

In-person registration: Registration taken at programs

Annual membership: No membership fee is required

Web: www.saskatoon.ca/communityassociations

Email: CRGMCA@saskatoon.ca

Outdoor Rink(s): W.P. Bate School, 2515 18th Street West

Programs include: ADULT: *Drop-in Soccer* • YOUTH: *Soccer* • Floor Hockey League**

MONTGOMERY PLACE

In-person registration: September 4 from 6:30-8:00 PM
St. Dominic School (Gym), 3301 Dieppe Street

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

Programs include: ALL AGES: *Spanish for Travel* • ADULT: *Line Dancing • Muscle Sculpt • Water Colour Club • Cardio-Mix • Cardio Strength/Balance • All Levels Yoga • Chair Yoga • Knitting Class • Pickleball* • YOUTH: *Red Cross Safety • Red Cross Babysitters Course* • CHILDREN: *Art* • PRE-SCHOOL: *Kindergym*

MOUNT ROYAL

In-person registration: September 10 from 6:00-8:00 PM
Howard Coad School, 431 Avenue T North

Annual membership: No membership fee is required

Web: www.MountRoyal.INFO

Email: MountRoyalCommunity@gmail.com

Facebook: www.facebook.com/MRCA.Saskatoon

Outdoor Rink(s): Howard Coad School, 431 Avenue T North

Programs include: SENIOR: *Gentle Stretch & Exercise* • ADULT: *Yoga • Belly Dance* • YOUTH: *Hip Hop/Jazz Dance* • CHILDREN: *Yoga • Cooking Class* • PRESCHOOL: *Move*

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



NORTH PARK/RICHMOND HEIGHTS

Online registration: September 1-11
In-person registration: September 11 from 6:00-7:00 PM
North Park Wilson School, 1505 9th Avenue North
Annual membership: No membership fee is required
Web: www.nprh.ca/program-descriptions
Email: nprh.programs@gmail.com
Facebook: www.facebook.com/NPRHCA
Outdoor Rink(s): North Park Wilson School, 1505 9th Avenue North
Programs include: ALL AGES: Karate • ADULT: Muscle Sculpting • Yoga • Bellyfit
Badminton • YOUTH: Babysitting Course • CHILDREN: Home Alone

NUTANA

Online registration: September 1-27
In-person registration: September 4 from 6:30-7:30 PM
Ecole Victoria School
639 Broadway Avenue
Annual membership: \$10 per individual/family
Web: www.nutana.ca
Email: programming@nutana.ca
Facebook: www.facebook.com/nutanacomunityassociation
Outdoor Rink(s): École Victoria School, 639 Broadway Avenue
Idlylwyd Park, 225 Poplar Crescent
Programs include: ALL AGES: Juggling* • ADULT: All Levels Yoga • Dance Fitness
Volleyball • Badminton • Tai Chi • PRESCHOOL: Soccer • Baby & Me Yoga*

PACIFIC HEIGHTS

Online registration: September 1-TBD
In-person registration: September 9 from 6:30-8:00 PM
Lester B. Pearson School, 3732 Centennial Drive
Annual membership: No membership fee is required
Web: www.pacificheights.ca
Email: pacificheightssaskatoon@gmail.com
Facebook: www.facebook.com/pacificheightsca
Outdoor Rink(s): Lester B. Pearson School, 3732 Centennial Drive
Programs include: ADULT: Yoga • Boot Camp • Pre/Postnatal Strength • YOUTH:
Basketball • CHILDREN: Art • Floor Hockey • PARENT & CHILD: Kindersoccer

PARKRIDGE

In-person registration: PCA is currently seeking an indoor coordinator to assist
with organizing indoor community programming. Contact
us at president.pca.sk@gmail.com
Annual membership: No membership fee is required
Web: www.parkridgecommunity.ca
Email: president.pca.sk@gmail.com
Facebook: www.facebook.com/parkridge.saskatoon
Outdoor Rink(s): St. Marguerite School, 1235 McCormack Road
Programs include: ADULT: Zumba • YOUTH: Soccer

PLEASANT HILL

In-person registration: Registration taken at first class of programs
Annual membership: No membership fee is required
Email: phcaprograms@gmail.com
Facebook: www.facebook.com/pleasant hill community association
Programs include: ALL AGES: Run Club • Bootcamp • ADULT: Volleyball • Yoga
YOUTH: Girls on the Move • Mè Ta Wè Tàn • Basketball

QUEEN ELIZABETH/HAULTAIN (WEST HALF)/ EXHIBITION

In-person registration: September 17 from 7:00-8:30 PM
St. Frances School (Gym), 2141 McPherson Avenue
Annual membership: \$10 per individual/family
Web: www.qexca.ca
Email: qexca.saskatoon@gmail.com
Facebook: www.facebook.com/qexca
Outdoor Rink(s): Achs Park, 102 Elm Street
Queen Elizabeth School, 1905 Eastlake Avenue
Programs include: ADULT: Yoga • Zumba • Aerobics • Bolly Moves • Yoga
PRESCHOOL: Soccer*

RIVERSDALE

In-person registration: September 24 from 4:00-7:00 PM
Princess Alexandra School, 210 Avenue H South
Annual membership: No membership fee is required
Web: www.riversdalecommunityassociation.com
Email: riversdaleca@gmail.com
Facebook: www.facebook.com/riversdalecommunityassociation
Outdoor Rink(s): Princess Alexandra School, 210 Avenue H South
Programs include: ALL AGES: Beginner Sewing • Intermediate Sewing • Tai Chi
ADULT: Mandarin/English • Food Canning • Community Kitchen • YOUTH / CHILDREN /
PRESCHOOL / PARENT & CHILD: TBA

RIVER HEIGHTS

Online registration: August 19-September 4
In-person registration: September 11 from 6:00-7:00 PM
École River Heights School (Library), 60 Ravine Drive
Annual membership: \$10 per family
Web: www.riverheights.sk.ca
Email: rhcaprogramming@gmail.com
Facebook: www.facebook.com/RiverHeightsCommunityAssociation
Outdoor Rink(s): École River Heights School, 60 Ravine Drive
Programs include: ADULT: Badminton • Yoga • Pilates • Zumba • Cardio & Sculpt
Quilting • Pickleball • YOUTH: Floor Hockey • Basketball • PARENT & CHILD: Tae Kwon Do

ROSEWOOD

In-person registration: August 24 from 8:30 AM-3:00 PM or
September 3 from 5:30-6:30 PM
Rosewood School (Community Entrance), 169 Olson Lane
Annual membership: \$15 per family
Web: www.myrosewood.ca
Email: programs@myrosewood.ca
Facebook: www.facebook.com/myrosewoodca
Programs include: ADULT: Drop-in Badminton • Drop-in Basketball • Boot Camp • Tai
Chi • YOUTH: Babysitting Course • Dog-sitting Course • Comic Book Creation • Soccer
Basketball • CHILDREN: Kindercise • Comic Book Creation • Ballet/Dance • PRESCHOOL:
Kindercise • Ballet • PARENT & CHILD: Drop-in Playtime • Kindercise

SILVERSPRING**

Online registration: September 5-8
Annual membership: \$10 per individual/family
Web: www.silverspringcommunity.ca
Email: indoorcoordinator@silverspringcommunity.ca
Facebook: www.facebook.com/Silverspring Community Association
Outdoor Rink(s): Silverspring Park, 610 Konihowski Road
Programs include: ADULT: Aerobics • Basketball • Floor Hockey • Pickleball • Tai Chi
Yoga • Zumba • Hula Hooping • YOUTH: Babysitting Course • Tae Kwon Do • Hula Hooping
Tai Chi • Yoga • CHILDREN: Basketball • Soccer • Dance • Sports ABC's • Floor Hockey
Tae Kwon Do • PRESCHOOL: Blast Ball • Sports ABC's • Tae Kwon Do • PARENT & CHILD:
Sports ABC's • Family Yoga

SILVERWOOD HEIGHTS

Online registration: August 25-September 3
Annual membership: \$10 per 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
Programs include: SENIOR: Forever In Motion • Senior's Hub Club • ALL AGES: Family
Fitness • ADULT: Butts & Guts • Low Impact • Core & More • Zumba • Volleyball • Piloxing
Tabata Tone • Pickleball • Booty Buster • Fitness Fusion • Yin Yoga • Ballroom Dancing
Pelvic Floor • Core & More • Yoga for Backs • All Levels Yoga • Cardio Flow Yoga
YOUTH: Stay Safe • Babysitting Course • Teen Fit • CHILDREN: Sports Fun • Floor Hockey
Hip Hop • Tap • PRESCHOOL: Happy Feet • Creative Dance • Movement & Music
PARENT & CHILD: Open Gym

SOUTH NUTANA PARK

Online registration: August 29-September 12
In-person registration: September 12 from 7:00-8:00 PM
Prince Philip School (Library), 1715 Drinkle Street
Annual membership: \$15 per household
Web: www.snpc.ca
Email: snpca.programs@gmail.com
Facebook: www.facebook.com/snpca
Outdoor Rink(s): Harold Tatler Park North, 2320 Louise Avenue
Programs include: ADULT: Yoga • Pilates • Pickleball • Beginner Crochet • YOUTH: Art
Floor Hockey • CHILDREN: Soccer • Dance • Floor Hockey • PRESCHOOL: Dance
Kindersoccer

STONEBRIDGE

Online registration: August 19-September 9
Annual membership: \$10 per family
Web: www.ourstonebridge.ca
Email: ourstonebridge.programs@gmail.com
Facebook: www.facebook.com/Stonebridge-Community-Association-SCA-115857088499813
Programs include: ADULT: Shine Dance Fitness • Yoga • Pilates • Buns & Tums
Badminton • Pickleball • Volleyball • YOUTH: Basketball • CHILDREN: Basketball • Soccer
Art • PRESCHOOL: Ballet • Hip Hop • Kindersoccer • PARENT & CHILD: Toddler Time

SUTHERLAND/FOREST GROVE**

In-person registration: September 4 from 6:30-8:00 PM (following AGM)
Forest Grove School, 201 115th Street East
September 5 from 6:30-7:30 PM
Bishop Filevich School, 125 105th Street West
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: ALL AGES: Family Yoga • ADULT: Aerobics • Basketball • Hula
Hooping • Kettlebell • Kickboxing • Pilates • Tai Chi • Yoga • Volleyball • Zumba • YOUTH:
Babysitting Course • Hula Hooping • Tai Chi • Yoga • Social Night • CHILDREN: Basketball
Soccer • Cooking • Dance • Kindercise • Floor Hockey • Sports ABC • Tae Kwon Do
PRESCHOOL: Blast Ball • Kindercise • Sports ABC • Tae Kwon Do • PARENT & CHILD:
Kindercise*

VARSITY VIEW

In-person registration: September 5 and September 10 from 7:00-8:30 PM
Brunskill School (Multi-purpose Room), 101 Wiggins
Avenue North
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
Programs include: ADULT: Badminton • Spanish • Shine Fitness • Tae Kwon Do • Yoga
Genealogy • Painting • First Aid • CHILDREN: Basketball • Soccer • Tae Kwon Do
PRESCHOOL: Soccer

WESTMOUNT

In-person registration: September 10 from 6:00-8:00 PM
Westmount Community School (Foyer), 411 Avenue J North
Annual membership: No membership fee is required
Email: westmountcommunityassociation@gmail.com
Facebook: www.facebook.com/westmountcommunity
Outdoor Rink(s): Westmount Community School, 411 Avenue J North
Programs include: ALL AGES: Zumba • ADULT: Yoga • YOUTH / CHILDREN /
PRESCHOOL / PARENT & CHILD: TBA

WESTVIEW HEIGHTS

Online registration: August 19-TBD
In-person registration: September 9 and September 11 from 6:00-8:00 PM
Caroline Robins School, 1410 Byers Crescent
Annual membership: \$10 per individual/family
Web: www.westviewhome.net
Email: westviewheightscommunity@gmail.com
Facebook: www.facebook.com/WestviewHome
Outdoor Rink(s): Caroline Robins School, 1410 Byers Crescent
Programs include: ADULT: All Levels Yoga • Legs & Booty • Muscle Sculpt • Zumba
Pickleball • Learn to Make Perogies, Asian Rolls & Sushi Rolls • Women's Woodworking •
YOUTH: Babysitting Course • 4-H Woodworking • Building Bricks (Lego) • Yoga
CHILDREN: Safe Course for Under 11 • Soccer Drills • Ballet • Hip Hop • PRESCHOOL:
Move & Groove • Ballet

WILDWOOD

Online registration: August 15
In-person registration: September 4 at 6:00 PM (following AGM/BBQ Event)
Bishop Pocock School, 227 Avondale Road
Annual membership: \$12 per individual/family
Web: www.ourwildwood.ca
Email: info@ourwildwood.ca
Facebook: www.facebook.com/Wildwood-Community-Association
Outdoor Rink(s): Bishop Pocock School, 227 Avondale Road
Programs include: ALL AGES: Juggling • Pickleball • ADULT: Yoga (Beginner &
Intermediate) • Shine Dance Fitness • YOUTH: Basketball • Soccer • CHILDREN: Get Out
& Move

WILLOWGROVE/UNIVERSITY HEIGHTS**

Online registration: September 5-8
In-person registration: September 4 from 7:00-9:00 PM during AGM
Holy Family School (Multi-purpose Room), 805 Stensrud
Road
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
Programs include: ADULT: Bollywood Dancing • Basketball • Zumba • Qigong • Ballroom
Dancing • Co-ed Volleyball • Co-ed Badminton • Pickleball • CHILDREN: Dance • Creative
Dance • Yoga • PRESCHOOL: Sport ABCs • Kindersoccer • Dance

Make it Happen!

VOLUNTEER

There are many ways you can volunteer for
your Community Association:

- help organize special events
- write a newsletter article
- flood the outdoor rink
- clean up your park

and more...

saskatoon.ca/volunteer



For complete, up-to-date program listings, 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! Approximately 100,000 copies of the City of Saskatoon Leisure Guide are distributed throughout the city and some surrounding areas. To advertise in the next Leisure Guide call The StarPhoenix at 306-657-6340.

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| Saskatoon Lions Speed Skating Club..... | 66, 84 |

Skate Saskatoon

Quality learn to skate, recreational, test & competitive programs since 1928.
ACT ARENA - 107 105th STREET



Spring, Summer, Fall & Winter Programs Available for All Ages



CANSKATE

CanSkate and CanPowerSkate are nationally recognized learn-to-skate programs, developed by SkateCanada offering skating skills for hockey, ringette, speed skaters, figure and synchronized skaters, and recreational skaters. The emphasis is on balance, control and agility. Canada's Best Skating Program.



SYNCHROSKATE

Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of eight or more skaters performing various group formations and manoeuvres. Synchro Skating is a TEAM Sport. Teams for all ages and skating abilities; beginner through adult.



STARSKATE

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

**Skate Saskatoon
(Non-Profit Organization)
107 - 105th Street East (ACT Arena)
Saskatoon. SK S7N 1Z2**



FOR ADDITIONAL INFORMATION VISIT WWW.SKATESASKATOON.COM

EMAIL: OFFICE@SKATESASKATOON.COM

"WE HAVE THE EDGE ON SKATING" • "LIKE" us on FACEBOOK •

Registration for fall classes is August 27-29, September 3-5



www.saskatoonsalsa.com | (306)374-3039

We offer:

- Kids classes (ages 3 and up)
- Recreational classes for adults
- Workshops & private lessons
- Monthly socials & events
- Wedding dance choreography
- Ladies only salsa classes
- And much more!



**Saskatoon Salsa
Dance co.**

• Instruction • Performance • Events • Workshops •

GRIP IT CLIMBING RECREATIONAL CLASSES

LEARN TO CLIMB - 8 WEEK SESSIONS

Here at Grip It all of our youth programming is done in accordance with the Canadian Sport for Life - Long-Term Athlete Development stages. We understand the importance of introducing youth to a wide variety of skills and opportunities and our programs strive to facilitate growth and development in a controlled and fun environment.

| Age Group | Available Times | | | Price |
|----------------|------------------------------------|-----------------------|----------------------------------|-------|
| 6&U | Sunday 10-11am | Sunday 11:15-12:15pm | *Parents must attend all classes | \$100 |
| 7-9 | Monday 4:30-6:00pm | Wednesday 4:30-5:30pm | Saturday 9-10:30am | \$150 |
| 10-13 | Tuesday 4-5:30pm | Thursday 5-6:30pm | Saturday 9-10:30am | \$150 |
| 14+ | Wednesday 4:30-6:30pm | Friday 5-7pm | | |
| Adult Beginner | Mondays 5:45pm-7:45pm and 8pm-10pm | | | |



Classes supported
by Mackie Physiotherapy

501 23rd Street W 306.664.9255

Visit www.gripitclimbing.com to register or for more information



SASKATOON MINOR BASKETBALL ASSOCIATION

Come play basketball with us!

SMBA Fall league registration is done through your home Community Association or the Association in which you go to school. If your community does not offer basketball you may register in the community that offers basketball closest to you. To see when/where the registrations are being held please check the middle of this brochure to see all the communities listed.

We offer basketball to these age groups:

Dunkaroos- Grade 1 and 2- registration done at www.smba.ca from August 10th- September 20th.

All players from grades 3-12 must register through your local community association. If you need a list of communities that offer basketball please go to www.smba.ca and click on Fall/Winter League.

Spuds- Coed- Grade $\frac{3}{4}$

Minis- Grade 5/6

Bantams- Grade 7/8

Midget- Grade 9/10

High school students can play both high school basketball and SMBA

Juvenile- Grade 11/12

Our season starts October 19th and runs to February 15th. Playoffs will be the first two weekends of March. There is no basketball for three weeks over Christmas and over the Family Day break in February.

If you are in Grade 9 or older and would like to Officiate please register on our website at www.smba.ca from August 1st to September 5th.

If you have any questions please email/call

Randi (randi.mac@shaw.ca/306-343-1832) or

Shana McLean (smba4712@gmail.com).

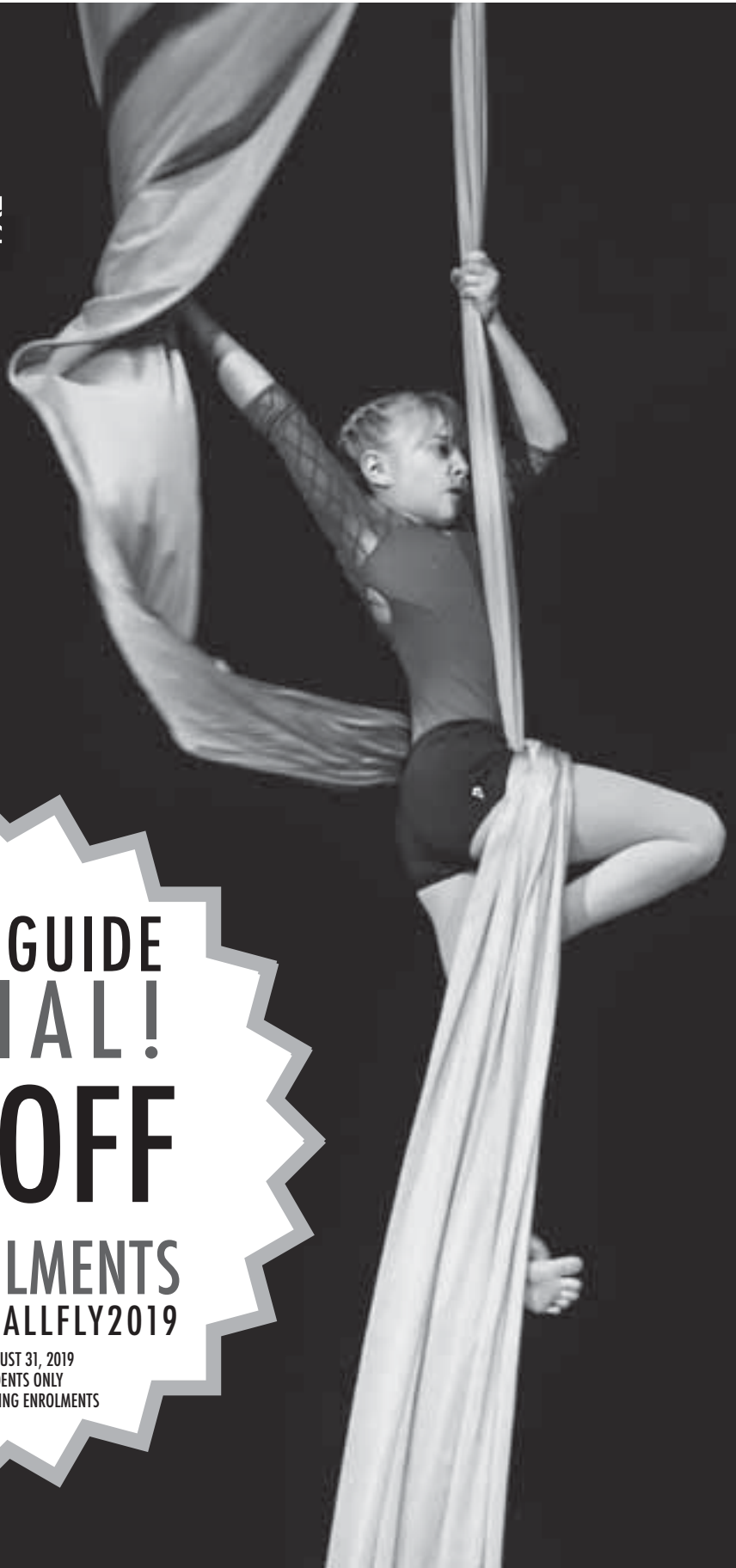
Feel free to also check out our website at www.smba.ca.

City wide late registration will take place on September 18th, 2018 at Bedford Road Collegiate from 7pm – 8:30pm. Anyone who missed their home community registration should come this night.





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**NEW ENROLMENTS
PROMO CODE: FALLFLY2019**

PROMOTION ENDS AUGUST 31, 2019
VALID FOR NEW STUDENTS ONLY
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Premiere Destination For Aerial Arts In YXE

FALL SESSION SEPTEMBER 9 - DECEMBER 20



Kids Classes

- AERIAL SILKS (AGES 9-15)
- AERIAL LYRA (AGES 9-15)
- AERIAL SLING (AGES 9-15)
- ANTIGRAVITY® KIDS (AGES 5-9)



Adult Classes (AGES 16+)

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- AERIAL LYRA
- AERIAL SLING
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#90 - 3230 PRESTON AVE • 306.979.9933

  @FlyStudiosYXE



Winter Indoor Season

There will be an in-person registration night held in September, you can also register online at: members.rugbycanada.ca

Registration date in September will be posted on our Facebook page or you can e-mail us for more information.

Winter Session runs from November until February on select Sundays.

For more information contact us at: saskatoon_minis@rugbycanada.com or

Find us on Facebook at  Saskatchewan Mini Rugby - Saskatoon

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find the reason that inspire you to dance

Tiny dancers. 3 to 5 years old (pre-ballet 1)
Little ballerinas 5 to 7 years old (pre-ballet 2)
Young dancer. Ballet foundation contemporary 7 to 10 years old
Little hip hop dancer 5 to 7 years old
Young hip hop dancer. Hip hop for beginners 8 to 10 years old

"Dance is the hidden language of the soul." Martha Graham

309 Fairmont Drive
Saskatoon, SK S7M5G7
Phone: 306-931-8480

FIND US ON



WARNING

**CREATING IS ADDICTIVE
SYMPTOMS MAY INCLUDE:**

**FUN FEVER, ITCH TO CREATE AND SWELLING
OF PRIDE DUE TO ARTISTIC ACHIEVEMENTS.**

**IF SYMPTOMS PERSIST,
VISIT IMMEDIATELY!**

DROP-IN OPTIONS

- POTTERY PAINTING
- CANVAS PAINTING
- GLASS FUSING
- SPLATTER ROOM
- KIDS CANVAS AREA
- POP-UP PROJECTS

**OR BOOK AN
AWESOME PARTY!**



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**15 WEEK SESSION
STARTING
SEPTEMBER 9, 2019**

Adult Fitness



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Postnatal Fitness



Music Together



Acro & Dance



- ADULT CLASSES (16+)
- PRE & POST NATAL FITNESS
- KIDS DANCE & ACRO (3+)
- FAMILY CLASSES

- MUSIC TOGETHER
- BIRTHDAY'S
- SCHOOL TRIPS
- PRIVATE CLASSES

WePlay WeLearn WeGrow WeMove



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INFO@WEMOVESK.COM**

(306) 250-7885 - LOCATED IN MARKET MALL - 2325 PRESTON AVE
OUTSIDE ACCESS ON MCEOWN AVE

WeMove



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for September

10
WEEK
PROGRAM

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to fun and relaxation.

Accredited Yamaha School

Adult
& Senior Courses
Daytime
& Evenings

YAMAHA Piano Classes

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COST: \$130.00
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♥ PROGRAMS AND SERVICES

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- Domestic Violence Court Case Workers
- Intimate Partner Violence Outreach
- Parenting Education SK
- Teen and Young Parent
- Walk In Counselling
- Youth Exposed to Violence

♥ COUNSELLING

- For individuals, couples, families, and groups (sliding scale fees)

♥ WALK IN COUNSELLING CLINICS

- Various locations - NO COST

♥ EMPLOYEE AND FAMILY ASSISTANCE PROGRAMS

♥ EDUCATION AND THERAPY GROUPS

Refer to our website for a list of groups and services offered

www.familyservice.sk.ca

(306) 244-0127 • info@familyservice.sk.ca

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SCHOOL OF ART

Proudly working with aspiring artists of all ages since 1980!

ART CLASSES
FOR CHILDREN & ADULTS

Kids to Adults

Beginner to Advanced, individualized instruction in a group setting

All drawing & painting mediums

Explore your creative side

Spend time with like-minded, artistic souls in a fun & relaxing environment

Learn specific techniques based on your individual needs and style

- **General Art Classes** for children or adults (available in Saskatoon or Warman)
- **Specialized classes for children:** PreK/Primary Art; Cartooning for Children
- **Camps** during Easter & Summer break
- **Private lessons, workshops, paint nights:** let us build a class just for you or your group!

www.gailadamsartschool.com

306-931-7790



Saskatoon
Open Door
Society

WE CONNECT
JOB FAIR

Oct 4th, 2019

10 a.m. to 3 p.m.

TCU
PLACE

35 22nd St. E.

 **306-653-4464**

JOB-SEEKERS register FREE
at www.sods.sk.ca

FERRER MARTIAL ARTS

BULLY PROOF YOUR CHILDREN



Martial Arts improve concentration, self-discipline and coordination in children and adults. When these qualities are enriched it often enhances other skills needed in everyday life. Being able to protect yourself and your family gives you the new feeling of self confidence as you walk down the street. The increased energy and flexibility you gain let you feel and look great! The breathing and cardiovascular workouts will help you live a longer healthier life. But the best part of martial arts training is that it is fun for the whole family!

"Classes for Men, Women and Children"

SENIOR MASTER VIC FERRER
Over 50 years of Martial Arts Experience
Saskatoon Sport Hall of Fame inductee
306 384 7243 or Text only 639 471 2657
email ferrermartialarts@yahoo.com
3 Months beginners course only
\$210 Free uniform

Flamenco Borealis

offers regular Flamenco Dance Classes

Adult classes all levels and ages.
Kids classes from 4 years & up.

Quality instruction, personalized attention,
high energy and lots of fun!
Classes run from
October 2019 to June 2020.

306-713-1281

flamencoborealis@gmail.com

For info and registration:

www.flamencoborealis.com/classes-2019-2020



EMMANUEL ANGLICAN CHURCH'S
ARTS & SPIRITS CENTRE

Register online at www.emmanuelrefinery.org/classes, by phone at (306) 653-3549, or in person during Refinery office hours (Mon-Wed-Thur 9:00 a.m. – 1:00 p.m.)

***Class descriptions and details can be found online at www.emmanuelrefinery.org/classes**

ZUMBA® with Wendy R.

Four different class options on Monday and Wednesday nights
Monday – 7:00 – 8:00 p.m.
Wednesday – 6:00 – 7:00 p.m.

DANCE WELL with Rusty Dixon

Four different class options on Tuesday and Thursday mornings
10:00 – 11:00 a.m.

BEGINNER WATERCOLOR CLASS with Susan Huntley

6 Wednesdays – Sept 11 – Oct 16
10:00 a.m. – 12:00 p.m.
\$110 - a material list will be provided to all participants

MIXED MEDIA CANVAS with Heidi Guenther

Wednesday, Sept 18
7:00 p.m. – 9:30 p.m.
\$35 – Including materials

WANT TO WRITE? – Let's move your daydreams into action with Author Katherine Lawrence

Monday, Sept 23
10:00 a.m. – 12:00 p.m.
\$50 – Including materials

THE ART OF BEADING with Woodlands Cree Artist Vanessa Hygen

Tuesday, Sept 24
7:00 p.m. – 9:00 p.m.
\$50 – Including materials

DRAWING – ELEMENTS OF CHARACTER DESIGN (ages 12+)

with Lindsay Virgin
6 Tuesdays, Oct 1 – Nov 5
7:00 p.m. – 8:30 p.m.
\$120 – Including materials

MARBLING MANIA! (ages 6 – 10) with Loretta Hartstook

Saturday, Oct 5
12:00 – 2:00 p.m.
\$10 – Including materials

Mandala Collage Art Workshop with Heidi Guenther

Wednesday, Oct 16
7:00 – 9:30 p.m.
\$45 – Including materials

THE STORY OF RUTH – Twelve Moments in Every Woman's Life with Gisele Bauche and Janice Cook

Co-sponsored by The Refinery and Queen's House
6 Mondays – Oct 21 – Nov 25
7:00 – 9:00 p.m.
At Queen's House, 601 Taylor Street
*Register by phone at Queen's House (306) 242-1916

HAND-ALTERED PHOTOS with Kathryn Green

Wednesday, Oct 23
7:00 – 9:00 p.m.
\$40 – Including materials

SOULBOOK with Sharon Compton

4 Wednesdays – Nov 6 – Nov 27
7:00 – 10:00 p.m.
\$100 – plus a \$20 material fee payable at the workshop

INTRIGUED BY NOVEL-IN-VERSE? – Let's Explore (ages 13+)

with Author Katherine Lawrence

Tuesday – Nov 12
7:00 p.m. – 9:00 p.m.
\$40 – Including materials

ROCK ART PAINTING with Heidi Guenther

Tuesday, Dec 3
7:00 – 8:30 p.m.
\$25 – Including materials

INTRODUCTION TO ESSAYS (ages 10 – 13)

with Elyn Achtymichuk-Hardy
Tuesday, Dec 10
7:00 – 9:00 p.m.
\$25 – Including materials

DESIGN your DREAM YARD

In just 5 fun & lively sessions

- learn the clever way to measure & draw your yard to scale
- create a personalized list of shrubs, trees & perennials
- save time & money by discovering low maintenance methods used by pros!

All classes held in Saskatoon & run 5 weeks consecutively on your start day

\$349! (acreages - \$399)

BOOK EARLY!



"Inspired Landscape Design since 1989"

2019 AUTUMN CLASS SCHEDULE

Tues. Oct. 1 - 10:00 am-noon or 6:30-8:30 pm
Thurs. Oct. 3 - 10:00 am-noon or 6:30-8:30 pm
Sat. Oct. 5 - 10:00 am-noon

Find out more by calling Denise at (306) 244-0049
Or visit my website under "Classes" - www.gardensfourseasons.com

Art Classes

*For Adults And Children
Sketching to Painting*

Water Colour Painting

- Beginners • Intermediate • Advanced
- Figure Composition • Landscape • Wildlife

Sessions starting September 9th, 2019

10 Week Session, once a week \$180 + gst.

6:30-8:30 pm - Mon, Tues, Wed, Thurs or Fri

1:00-3:00 pm - Mondays only

Instructor has over 35 years experience as an artist with a Master's Degree in Fine Arts

CALL 306.373.8463

Girl Guides

Everything she wants to be.



Looking for a place where girls are empowered to take the lead, jump into awesome activities, and explore what matters to them?

That's Girl Guides of Canada.

When you sign your daughter up for Girl Guides, you are giving her the opportunity to discover herself - and so much more. She'll explore, create, learn - and shine.

**Girl Guides create their own story
- because it's their journey to navigate.**

We are always looking for fantastic women to help these girls on this journey of a lifetime. Consider joining as a leader today!

girlguides.ca/jointoday

(306) 652-3275
1-800-565-8111

UNIVERSITY OF SASKATCHEWAN Ballroom Dancing Club

Social dance lessons and events for any level, no experience necessary! Fun for all, ages 16 and up! Starting at \$100/year for beginner classes.

- ◆ Ballroom and Latin Styles
- ◆ 20 Weeks of Scheduled Classes
- ◆ No Partner Required!
- ◆ Member Workshops
- ◆ Friendly and Inclusive Environment
- ◆ Exercise While Meeting New People

The season runs weekly Sep, Oct, Nov, Jan, Feb, Mar. Students receive \$10 off. Additional skill levels offered with different locations/times/instructors to choose from. It's the most fun you can have with two feet on the floor!

Online class registration is happening now! Visit our website for schedule and availability.

[facebook.com/uofsbdc](https://www.facebook.com/uofsbdc)
twitter.com/uofsbdc
INFO@UOFSBDC.COM (306) 652-2575
WWW.UOFSBDC.COM

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Voice Lessons
Performance Coaching

Includes restorative skills and preventative techniques

Registration is now
open for Sept 2019

Live Performance Opportunity!
Showcase Concerts with a live band
Limited spots available

Ages 8 and up



Studio, session, drop in &
on-site performance coaching
available by appointment

Special monthly rate for
Fall 2019 Enrolment

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Find me on Facebook



Wine & Painting Classes



Join me for a creative
night out!!

*No painting exp. nec.
& All supplies inc!*

www.hollyswineandpaint.ca

I have over 20 yrs exp teaching!

Call/Text Holly

(306) 241-3336

Mindful Living Programs

with Jeanne Corrigan

Mindfulness Based Stress Reduction
(MBSR) Teacher

Certified through the University of
Massachusetts Medical School

Registering for both of these classes creates a six week course,
suitable for both beginning and experienced practitioners.

Introduction to Mindfulness Meditation: Presence of Heart

Mindfulness Meditation nurtures balance, well being, and presence
in our lives. This class introduces mindfulness of the body, thoughts,
and emotions, and combines these with the practice of kindness,
to cultivate a presence of heart. Jeanne will combine instruction
with plenty of time for coaching and questions. This class includes
recorded guided meditations, and a handout package of resources.

Three Mondays, Oct 21- Nov 4, 7:00 - 9:00 pm

Cost: \$90

Mindfulness and Self Compassion

Self compassion is an inner resource that can help us develop
emotional resiliency. Through meditations and gentle experiential
exercises, Jeanne will offer practical ways of bringing self
compassion into our lives. This class included recorded guided
meditations and a resource list.

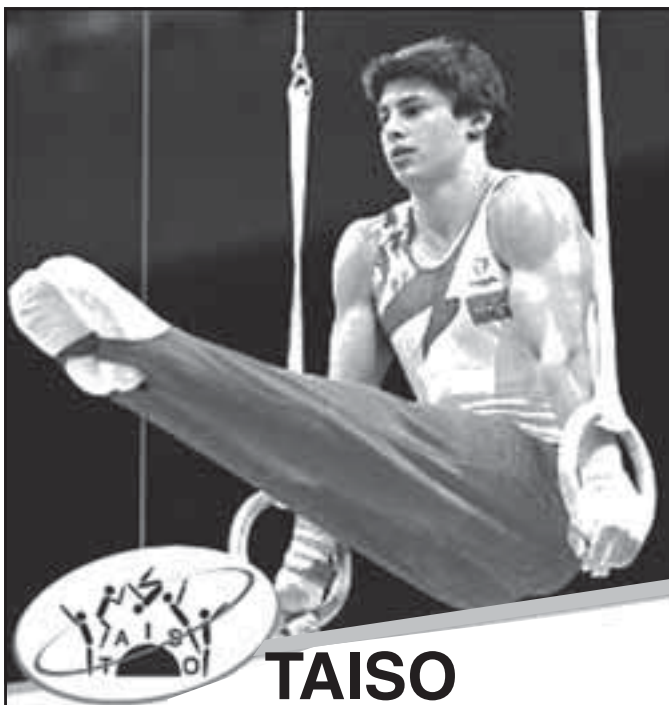
Three Mondays November 18 - Dec 2, 7:00 - 9:00 pm

Cost: \$90

For more information and registration,
please visit

www.jeannecorrigan.com

or contact Jeanne at (306) 653-2325
or at jeanne@jeannecorrigan.com



TAISO GYMNASTICS FALL SESSION 2019

Sep 6th - Nov 18th

Recreational, Ninja, Trampoline & Competitive
School Groups & Birthday Parties

Online Registration

In-Person Registration: 30 Aug 6:00-8:00pm

For further registration information
Please call 664-7030 or visit us online at

www.taiso.ca

1521 Quebec Ave
Saskatoon,
SK S7K 1V6

National Training Centre
Home of Two, First Olympians,
Commonwealth Games Medalists and Many
Current National Team Members



SASKATOON MINOR BASKETBALL ASSOCIATION

Come play basketball with us!

SMBA Fall league registration is done through your home Community Association or the Association in which you go to school. If your community does not offer basketball you may register in the community that offers basketball closest to you. To see when/where the registrations are being held please check the middle of this brochure to see all the communities listed.

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Minis- Grade 5/6

Bantams- Grade 7/8

Midget- Grade 9/10

High school students can play both high school basketball and SMBA

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If you have any questions please email/call

Randi (randi.mac@shaw.ca/306-343-1832) or

Shana McLean (smba4712@gmail.com).

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LEARN TO DANCE!

Dancing Improves Your Mind, Balance, Flexibility!

CLOG DANCING - New Dancers Class

Sept. 11 - Nov. 20 - Wed., 6:00 - 9:00 p.m.,

Jan. 8 - Apr. 29 - Wed., 6:00 - 9:00 p.m.

Field House, 2020 College Dr., Contact Rosalie 306-291-9760

ROUND DANCING (cued ballroom) - New Dance Class

Fri., Sept. 13 - Dec. 13; Jan. 24 - Apr. 24/20 — 7:00 - 8:00 p.m.

Albert Community Centre, 610 Clarence Ave., second floor

Contact Dorothy 306-664-2775

SQUARE DANCING - New Dancers Class

Mon., Sept. 16 - Dec. 16; Jan. 6 - Apr. 16 — 8:00 - 10:00 p.m.

All Saints Anglican Church Hall, 1801 Lorne Ave.

Contact Vera 306-683-0266

SPONSORED BY HUB CITY SQUARE, ROUND AND
CLOG DANCE ASSN. - Carolyn, Eldon 306-253-4453




**Have you ever dreamed of singing
or playing an instrument? Why wait?**

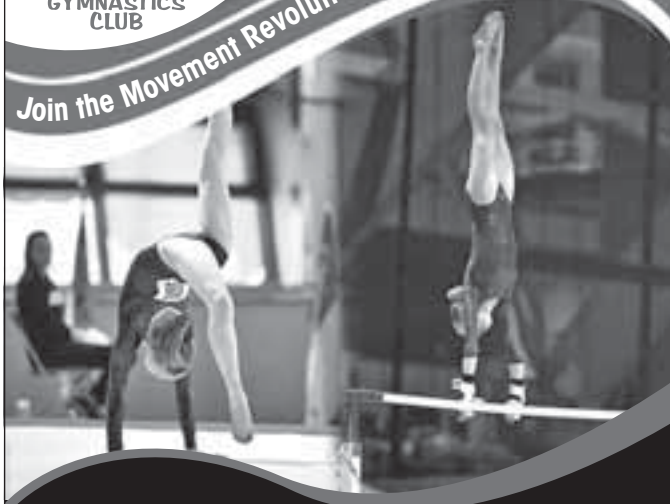
- *Free trial lesson (no obligation)
- *ages 5-75 yr old students welcome!

Learn from a Pro with over a decade
teaching experience! (Voice, Violin/Fiddle)

Contact Jessica @ (306) 370-5960
www.jrmusicstudio.com



Join the Movement Revolution at Can-Am Gymnastics!



The place to be in Saskatoon for Fun, Fitness & Gymnastics

Fall Session 2019

SEPT. 7-DEC. 9

We offer classes for everyone from infants to adults
Register Today!

There is always something fun happening at
Can-Am! We offer Birthday Parties, Day Camps,
School Bookings & so much more!

Check us out at www.canamgymnastics.ca



Indoor Soccer 2019/2020

U7-U9 Development League
(born 2011-2014)

U11-U19 Youth League
(born 2001-2010)

Registration information
available at www.susc.ca
or
email: registrar@susc.ca

Registration will be open early in
August and stay open until the first
week of September. Check our
website for further details!

**Come join the most
established Soccer Club
in Saskatoon - Bringing
quality soccer programs
since 1954!**



Pool School Session 1

SEPT 9th - NOV 28th

ONLINE REGISTRATION BEGINS AUG 12th

www.laserswimming.ca

LASERS POOL SCHOOL

An **Innovative** and **Effective** approach to developing swimming skills.

For swimmers 4 years of age and older.

Two lessons a week at Harry Bailey Pool.

Progression at each child's level, building confidence in and out of the water.

Most importantly- **TONS OF FUN!!!!!!**



PARA LEARN TO SWIM

Learn to Swim Program for kids with impairments.

Para coaches modify training methods to meet the needs of each athlete's abilities.

Our Para Learn to Swim program runs at Harry Bailey Pool Saturday 9:00am-10:00am

Sept-June



LASERS COMPETITIVE SWIM TEAM



Complete range of programs serving beginners to

International swimmers.

Training philosophy focusing on **QUALITY** swimming, not quantity

Respect Swim Canada's LTAD model (Long Term Athlete Development)

Head Coach **ERIC KRAMER** personal coach for two

OLYMPIC SWIMMERS and two **WORLD PARA SWIMMERS**

FOR MORE INFORMATION ON OUR PROGRAM OR TO SCHEDULE AN ASSESSMENT PLEASE CONTACT ERIC KRAMER AT 306-665-SWIM (7946) or EMAIL lasersoffice@gmail.com



A CHANCE TO DANCE!

New Dance Class!

Waltz - Two Step ...

Choreographed "Ballroom style" round dancing!

Dancing improves your mind, posture, balance, flexibility!

KAROUSELS DANCE CLUB

Albert Comm. Centre, 610 Clarence Ave. S., 2nd Floor Aud.

Fri.: 7:00 to 8:00 p.m. - Sept. 13 - Dec. 13; Jan. 24 - Apr. 24

JOIN THE CLUB

*where you can learn to dance,
meet regularly to dance and meet new friends!*

FOR MORE INFORMATION

phone Dorothy 306-664-2775

message - not2worry@sasktel.net



The Itcush Method AND Mitzvah Technique

Based on the Alexander Technique and Feldenkrais Method, Mitzvah is a unique discipline of fitness and health that brings permanent positive structural changes to the body.

These methods are excellent for improving posture, increasing mobility and reducing tension, chronic pain and injury. Especially good for individuals exposed to long hours of sitting, Mitzvah works to break un-healthy postural patterns that interfere with general health and wellbeing.

The Itcush Method and the Mitzvah Technique bring back to the body a natural and inherent corrective mechanism that becomes dormant from sedentary lifestyles. This mechanism encourages dynamic posture. Bring back the mobility and movement you had as a child.

Easy to learn exercises, the Itcush Method enhances all other forms of fitness and is designed for all ages and fitness levels.

"We are not born to ache so much" Nehemia Cohen

Kathy Morgan is a certified Itcush Method and MT teacher and is available for private sessions, classes, lecture demonstrations and workshops.

Contact Kathy at 306-373-7351 or e-mail km.morgan@hotmail.com

Classes TBA for Fall/Winter 2019 on website.

Check out www.kmbodywork.com
for more information



Special Olympics

Saskatoon

Revealing the CHAMPION in all of us!

*"Let me win, but if I cannot win,
let me be brave in the attempt"*

- Special Olympics Athlete Oath

SPORT & ATHLETE DEVELOPMENT

- Athletics
- 5-Pin Bowling
- 10-Pin Bowling
- Basketball
- Bocce Ball
- Cross Country Skiing
- Curling
- Equestrian
- Floor Hockey
- Golf
- Snowshoeing
- Soccer
- Softball
- Swimming
- Walking Program

FALL REGISTRATION DAY

Wednesday, September 4th
and Thursday, September 5th
6:30 PM - 8:30 PM

Grosvenor Park United Church
407 Cumberland Avenue South

For more information, on Registration or Volunteer opportunities contact 306-934-2402 or special.olympics.stoon@sasktel.net

We ♥ Volunteers!

www.saskatoon-specialolympics.com

JOIN THE

COME PLAY WITH US

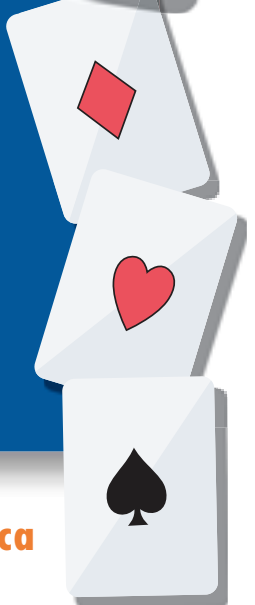


OPEN HOUSE SASKATOON BRIDGE CLUB

3041 Louise Street
Saturday,
September 7, 2019

2:00 to 4:00 p.m.

FREE MEMBERSHIP
AND LESSONS



Please visit:

saskatoonbridgeclub.ca
or contact

Pat (306) 374-0318

or Cydney (306) 241-5945

for more information



Marian Gymnastics

Fall Sessions

STARTING
SATURDAY, SEPT. 7

SPECIALTY CLASSES
ACRO, DANCERS,
AND SPECIAL NEEDS



FOLLOW US FOR
CLASS UPDATES



/MARIANGYMCLUB



MARIANGYMNASTICSCLUB



@MARIANGYMCLUB

Parent & Tot: Ages 2-3: Basic gymnastics skills such as hanging, balancing, rolling, & jumping with a little assistance from Mom or Dad.

Tiny Tumblers 1: Ages 3-4: Gymnastics basics for the independent pre-schooler & graduates of the Parent & Tot Program.

Tiny Tumblers 2: Ages 4-5: For graduates of TT1 & less experienced 4 & 5-year olds.

Kinder-gym: Ages 5-6: Build on more gymnastics skills. No experience is necessary.

Junior Gymnasts: Ages 5-6: Expanding on skills. Previous gymnastics experience required.

Classes also available for ages 6-17 Including CAN GYM.



337 Edson Street (past auto mall)

adminmarian@gmail.com - 306.934.0944 register at mariangym.com

Oriental Dance Arts (Multicultural Bellydance)

Super friendly instruction for adults, and youth (~ 9 y.o. plus) in middle eastern dance arts : Arabic, Tribal Style Happy Hour, Sufi Whirling, Persian.

Emphasis on recreational fun, socialization, youth empowerment, stress relief, dance cultural awareness. Respectful honour of body, mind, emotions, and spirit.



Ask about earlybird registration discounts.

Complimentary Annual Open House Sept. 11th, 7:00 pm

Luther Special Care Home (1212 Osler St & Wiggins)

306-374-7745

orientaldancearts.com prokr@sasktel.net

Free Flow

DANCE CENTRE

-Specializing in Adult Classes-

FALL/WINTER CLASSES

Modern Dance

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Explore & Create

Rosebud Burlesque Club

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ALL Professional Instructors

PLUS Special Event Rentals

In Person Registration

Sept 9th 6-8pm

224 25th Street West, Saskatoon, SK S7L 0C4

(306) 665-5998

freeflowdancecentre.wordpress.com

freeflowdance@gmail.com



Come Play in the Castle!

**ALBERT INDOOR
PLAYGROUND**

WELCOME Mom, Dad, Grandpa,
Grandma and Nannies

Community gathering place,
volunteer run, for families with infants
and children up to 5 years of age.

Enjoy the serious business of unstructured play! 4 toy rooms,
craft room, loft area with Little Tike cars and book exchange
Morning (9:30-11:30am) and afternoon (1:15-3:15pm) group
sessions offered Monday to Friday

Registration and Open House on September 11th

\$160/family for Sept - May

Registration is ongoing throughout the year

610 Clarence Ave S., 3rd floor



albertindoorplayground@gmail.com

SASKATOON

A NON-PROFIT ORGANIZATION

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for Men, Women, and Children

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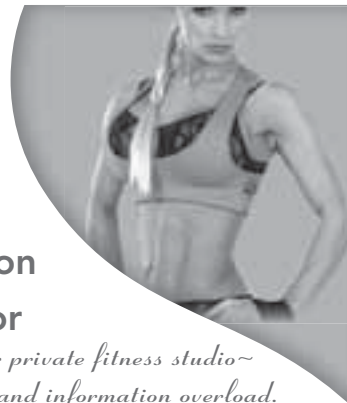
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TO BE AN ATHLETE
TO GET STARTED!**

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Kyla will help you simplify your lifestyle.
~Bring clarity and focus to your workouts!~
Message or email Kyla for a consult.*

Ladies only Bootcamps

M & W 5:30-6:30pm

T & Th 5:30-6:30pm

T & Th 9:30-10:30am

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Personal Training Sessions

Testimonials:

" I tell my friends that Kyla meets you where you're at in that moment, no matter you're age or emotions " - Sherry R.

"Kyla is empowering, energizing, uplifting and passionate about fitness and seeing results for her clients. She takes a wholistic approach- body and mind" - Kirsten H.

Safe

Fun

Supportive

Empowering

Knowledgeable

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Contacts:

www.kylamamerfitness.com | Email - info@kylafitness.com | Kyla Mamer Fitness



Learn To Do By Doing

4-H is a project-based youth organization dedicated to the growth and development of its members, who are between the ages of six to 21 years of age. For more than a century, 4-H Saskatchewan has understood youth and their need to be involved, accepted, valued and heard.

Throughout the 4-H year, members choose a project, then work with adult volunteer leaders and club members to “Learn To Do By Doing.”

4-H Saskatchewan has grown from its rural roots to include more than 50 project options available today -- from archery to animals, cooking to exploring the outdoors, 4-H has a project for everyone!

4-H clubs hold meetings and fun activities throughout the year, ending with an Achievement Day where each member gets to show off and demonstrate all that they’ve done in the year!

Beyond the club, there are events, activities and competitions at the regional, provincial and national level. With many travel opportunities and scholarships just for 4-H members, 4-H can take you as far as you want to go!

If you are older than 18 and want to be involved with 4-H, consider becoming a leader! Any adult willing to share their time, knowledge and enthusiasm can volunteer. 4-H Leaders must complete volunteer screening. There is also a self-directed 4-H program for youth ages 22-25.

Get Involved!

4-H Saskatchewan will be hosting an Registration/Info Night:

September 17
6 p.m.

Meeting Room
Alice Turner Library
110 Nelson Rd

Drop in between 6-8 p.m. to learn more about 4-H and how to get involved. You will be able to register with a local 4-H club as well!



CANADA
4-H Saskatchewan

Contact Us: www.4-h.sk.ca
306-933-7727
info@4-h.sk.ca



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Explore interests, develop skills
& build confidence.

Weekly lessons with Paul are *fun!*

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pgitlitz@gmail.com

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★ Open to all ages 8 & up ★ Age appropriate groupings

★ Sessions run: Sept 17th - Jan 29th Feb 4th - June 17th

(Join one or both)

★ 1.5 hr practice/week(\$8.75)

★ Reading music is not required

★ Other talents may be shared

JOIN OUR CHOIR

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Learn more about PureSound Productions

@ puresoundproductions.com

Call Now to Register:
306 290-1601

Low cost payment options available



Register Now for September

- Tunes for Twos
Age 2
- Music Wonderland
Ages 3 & 4
- Junior Music Course
Ages 4 & 5
- Young Musicians
Course
Age 6 - 9



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Ensemble Piano Studio - 1011 Broadway Ave.

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of the underwater world can be yours
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- ★ *PRESEASON CONDITIONING & SKILLS CLINICS*



Our on-ice instructors are fun, patient, and skilled.



Our ratios mean more attention for you/your child.



From first-timer to seasoned skater, we provide many levels of training.

Become your best at:
[ICESPORTS.COM/JEMINI](https://www.icesports.com/jemini)



JOIN SASKATOON'S LARGEST REC HOCKEY LEAGUE AT [ASHL.CA](https://www.ashl.ca)



Learn to skate...FAST!

We rent speed skates!

Short Learn-to-Skate

Jump Start Program for Kids

Use hockey or figure skates

5:45 - 6:30 PM

ACT Arena: Sept 4, 6, 9, 11

Lions Arena:

Sept 16, 18, 23, 25

Only \$85



FOR MORE INFORMATION
membership.slssc@gmail.com
Call/text: 306.371.3721

Regular Season Program

All ages and skill levels - we have a group for you!

One or two days per week Tuesday &/or Thursday

Half Season (Oct - Dec) or Full Season (Oct - Mar)

Beginners 6:00 - 6:45 PM Intermediate 6:45 - 7:30 PM

Lions Arena

SKATE RENTAL & INFORMATION NIGHT

Tuesday, August 20th

6:30-8:00pm Lions Arena

REGISTER ONLINE: www.slspedskating.com

GREAT COACHING! GREAT FUN! NO ONE SITS ON THE BENCH!

Adult Program

No prior experience required

Everyone welcome

Wednesdays & Saturdays 6:15 - 7:15 AM

October - December



SASKATOON MEN'S CHORUS



Whether you sing the low notes, the high notes, or the ones in-between, there's a place for you in this established male-voice chorus!

Rehearsing Tuesday evenings and offering two popular concerts a year, the SMC has been sharing its rich sound with Saskatoon area audience for 40 years.

For more information: www.saskatoonmenschorus.ca, or call 306-652-0379 or 306-220-0812

LOVE to SING?

The Saskatoon Choral Society,
under the direction of Veronica Kmiech,
is looking for new members.

We are a SATB choir, comprised of all ages who enjoy singing an array of styles and genres.

No auditions are required. Fees are \$50.00 per term.

We meet Tuesdays at 7:00, beginning Sept. 3rd, at Grace Westminster Church, 505 10 St E. Saskatoon.

For more information contact

Jennifer @ 306-242-7812

Or check out yxechoral.ca

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306-280-9020

danceelementsbyjodykym@gmail.com

www.danceelements.com

Exams offered in C.D.T.A., R.A.D., C.S.T.D., & A.A.C.



Join D.E.'s family friendly, nurturing environment to take part in the love of dance today!

- ✓ Specialty Classes
- ✓ Recreational and Competitive Streams
- ✓ Pre-School Classes, Adult Programs & University Packages
- ✓ Qualified, Caring Instructors
- ✓ 2 Spacious Studios with proper, dedicated training equipment
- ✓ Lots of GREAT amenities

Danza Morena Latin Dance Academy Fall Latin Dance Program 2019



Ages 4 to 17 years old.

***Online registration available now!**

***Register online**

<http://danzamorena.com/performance/>

**Guarantee your child's spot by
registering now. Additional sessions
may be added if needed.**

2019 Adult Latin Dance Program.

Classes for couples include:

**Salsa, Kizomba &
Dominican Bachata.**

Ladies only classes also available

**306 - 491-9866
info@danzamorena.com**



**SASKATOON
TRACK & FIELD CLUB**

**OVER 20 CERTIFIED COACHES TO
SERVICE THE NEEDS OF OUR ATHLETES**

**One of Canada's oldest & largest
track & field clubs**



Previous/current club members include Olympians
Taryn Suttie and Brianne Theisen-Eaton and
National Team members Courtney Hufsmith and
Michelle Harrison



**Track & Field and Cross Country training
for all athletes starting at 8-years-old
with all levels of ability.**

**Indoor Season begins at the Saskatoon
Field House November 1, 2019**

**In-person registration on
Sept. 18 at Merlis Belsher Place
from 6:30-8:30 pm or see
saskatoontrackclub.com for online
registration information**

For more information, please contact
New Head Coach Ivan Tam at
saskatoontrackclub@gmail.com

Check us out at www.saskatoontrackclub.com

Cool Moves Fall Volleyball

Wednesdays Sept 18th to Nov 6th 5:00-6:30pm

Held at the Henk Ruys Soccer Centre in Lawson

Mini - Learn to Play 6-9 year olds

Atomic - Learn to Play 10-11 year olds

Triple Ball - Training and Games 12-13 year olds

Register on-line with visa/mc

call/text Michael @ 306.609.0105

Visit website for more information

www.volleyballsaskatoon.ca



Fee
\$140

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and
Boys




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Learn to Quilt

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BLACK STAR BOXING CLUB • 2120 ST. GEORGE AVE. • 306.850.5044

CLASS SCHEDULE:



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or follow us on Facebook
(Black Star Boxing Club)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------|---|----------------------------------|--|----------------------------------|----------------------------|--|
| SUNDAY CLOSED | 6-7am OPEN CLASS (Women/Coed /Competitive Members) | | 6-7am OPEN CLASS (Women/Coed /Competitive Members) | | | 10-11am Future Champ Kids (ages 8-13) |
| | | | | | | 11:30am-12:30pm OPEN CLASS (Women/Coed /Competitive Members) |
| | 1PM USG STORE OPENS | | | | | |
| | 1-3:30 Open gym | 1-4:30 Open gym | 1-3:30 Open gym | 1-4:30 Open gym | 1-3:30 Open Gym | |
| | 4-5:45pm Youth Program | | 4-5:45pm Youth Program | | 4-5:45pm Youth Program | |
| | | 5-6pm Coed Class | 6-7pm Future Champs Kids (ages 8-14) | 5-6pm Coed Class | | 4-6pm Competitive Class |
| | 6-8pm Competitive Class | 6:15-7:15pm Womens only Class | 7:15-9:15pm Competitive Class | 6:15-7:15pm Womens only Class | 6-8pm Competitive Class | |
| | 8:15-9:15pm Coed Class | 7:30-8:30pm Coed Class | | 7:30-8:30pm Coed Class | | |
| | 10pm CLOSED | 10pm CLOSED | 9:30pm CLOSED | 9pm CLOSED | 8:30pm CLOSED | 6:30pm CLOSED |
| | <small>*Please note: Open Gym is available to members outside regular scheduled classes</small> | | | | | |

DANCE Ink



Ballet - Jazz - Tap
Lyrical - Hip Hop
Contemporary
Street Jazz
Musical Theatre
Acro - Breakdancing

RAD, ADAPT, CDTA
Certified Instructors

Ages 2 to Adult

REGISTRATION:

August 12, 22, 29 @ 5-9 pm
817 29th St W

Register Online @ www.danceink.ca

306-260-9114

DanceInkYXE  



Saskatoon Pirates Water Polo

Looking to learn to swim or improve your swimming, try a new sport, or have fun in a team setting? Join water polo!

- For age 6 to adult. Beginner, intermediate and advanced programs available.
- Learn to swim with Water Polo.
- A fun, fit way to build endurance and improve swimming ability.
- For information, contact waterpolosaskatoon@gmail.com or visit saskatoonwaterpolo.com
- Register online or in-person at our registration night **Sept. 16, 6:00 pm - 7:00 pm at Shaw Centre.**
- Want to try it out? Three sessions for \$30.

Learn to swim, developmental and competitive programs available.

1. Learn to swim the water polo way. Improve swim technique and enjoy playing on a team. 10 week sessions; fall, winter and spring. \$99. Practice Mondays at Shaw Centre, 7:30 to 8:30.
2. Youth developmental and competitive programs. Age 10 to 18. Improve swim technique and conditioning, play water polo games in club sponsored events. Mondays and Wednesdays at Shaw Centre. 7:00 pm to 9:00 pm. Mid-September through end of April. \$850 for the season.
3. Adult program. For adults with or without previous water polo experience. Wednesdays at Shaw Centre. 7:30 pm to 9:00 pm. Mid-September through end of April. \$425 for the season. Swim on Mondays for nominal fee.
4. Adult Masters program. For adults who have played water polo, want to scrimmage, but are unable to commit for the full season. 10 sessions for \$150. Wednesdays from 8:00 pm to 9:00 pm, exact dates to be determined.





**Saskatoon Wrestling Club
Boys and Girls Wrestling
Ages 5 - 14 years!**

- ★ Through Wrestling, learn Balance, grow in strength, and gain leadership skills all in a safe and team oriented environment
- ★ Season: Mid-October to End of March!
- ★ New wrestlers welcome anytime!
- ★ Non-Mandatory Provincial Tournaments
- ★ Try it for 2 weeks for \$10

First Practice October 15th!

CONTACT: Chris Davies (306) 260-3971
PupsWrestling@gmail.com
For more information and Registration:
www.Pups.SaskatoonWrestling.com



EDUCATIONAL PROGRAMS



CLASSES & CAMPS

Camps and year-round classes for children, youth, and adults.



WORKSHOPS

Engaging theatre workshops for all ages in a variety of options for schools and corporate groups.



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Experience the magic of professional theatre at a greatly reduced price.



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Experience the very best shows for young people on stage at Persephone Theatre.



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Saskatchewan's premiere non-academic theatre training ground for young people ages 14-19.

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New programs being offered this fall

Boyan Ukrainian Dance Association

Join our Club! New dancers welcome ages 4 and up.

Registration for New Members

Wednesday, August 28, 2019
6:30pm-8:00pm

Boyan Ukrainian Dance Studio
2720 Millar Ave (behind Great Canadian Bagel)

Questions?

Visit our website: www.boyandance.com
or email us: boyandance@gmail.com



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LEAGUES...
MIXERS**



Come by for a visit - 645 Spadina Crescent
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More details available so get in touch with us!

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THE home of soccer for all ages & abilities!
Visit saskatoonsoccer.com & our social media for details.

FIELD & ROOM RENTALS Our two facilities offer hardcourt, indoor & outdoor turf surfaces, beach volleyball/soccer courts & boardrooms - ideal for a variety of sports & events. Call to discuss your requirements - we'd love to help!

BIRTHDAY PARTIES/TEAM WINDUPS We supply the field (your choice of sports), you pick the food & bring the cake!

150 Nelson Road



DROP-IN SPORTS (starts Sept. 3rd)

Sunday mornings. Schedule varies - please check website or call for times. \$4/person or \$10/family

LUNCH TIME DROP-IN SOCCER (starts Sept. 3rd)

Gather co-workers, friends & family for a midday game.
Mon - Fri 11am - 1pm; \$4/person

FITNESS CENTRE

Stay in shape with cardio & strength training machines.
Sat/Sun 10am-4pm \$20/mo for soccer players; \$25/mo for general public. CrossFit classes available-306-280-1249

TERRY FOX WALKING TRACK

A City of Saskatoon service. Drop-in fee or leisure card.



219 Primrose Drive

INDOOR WALKING GROUP (starts Sept. 3rd)

Sprung floors provide a comfortable walking surface.
Mon - Fri, 8:30am-1pm; \$4 drop in, \$30/mo, \$109/season

INDOOR PLAYGROUP (now open year round!)

Energetic play & socializing on our enclosed fields!
Mon - Fri 9:30am - 11:45am \$5 for 1st child, \$1/add'l child.
Per immediate family. Discount passes available.

TODDLER BIRTHDAY PARTIES

Mon - Fri 9am-1pm \$40/party, unlimited kids!
In conjunction with Indoor Playgroup on weekdays.

bookings@saskatoonsoccer.com 306-975-3423

info@saskatoonsoccer.com 306-975-3400
www.saskatoonsoccer.com

**Riversdale ATHLETICS CLUB
(RIVA)**

Track & Field

A SK Athletics affiliated Track & Field/Cross Country club providing premier coaching & training to athletes from all corners of Saskatoon and surrounding communities.

*Sprints, Hurdles, High Jump, Long Jump,
Throws, Pole Vault, Distance, Triathlon Training,
Fall Cross Country Session*



Indoor and Outdoor Track *Ages 10 yrs. through to Masters*

For more information on registration visit us at
info@riversdaleathletics.ca

Follow us on Facebook @riversdaleathletics
Instagram @riversdale_athletics_club

REGISTRATION

JOIN US for a Meet & Greet
the Coaches & a Sundae Social
Sept. 26, 6:30 - 8:30pm
SHAW Centre

**AS APPEARED ON THE
AMAZING RACE CANADA**



**Basic Modern Square
Dance Lessons**



*Be assured that NO prior square dance experience or partner is required Try it!
Discover the laughter-filled enjoyment that square dancing offers, and experience
how it enhances your physical and mental health.*

Mondays - September 16 to December 16, 2019
8:00 pm to 10:00 pm

River City Squares at All Saints Anglican Church Hall
1801 Lorne Avenue, Saskatoon

Caller: Eldon Neudorf | Dress: Casual, with comfortable shoes.

Join us for two introductory evenings on September 16 and 23
Cost: \$5 per night

For more information contact:

Eldon at 306-253-4453 or Vera at 306-683-0266

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• August 27th & 28th
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Summer Fall Programs are filling up quick.

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- Anniversaries
- Business Conferences

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1021 SASKATCHEWAN CRES. WEST



Rushnychok Ukrainian Folk Dance Association

Embrace your Ukrainian roots or discover what Ukrainian dance culture is all about with Rushnychok! Join our award-winning club today.

New Dancers welcome, ages 3 to 18! Send us an email to register in our Tots (ages 3 & 4) class by August 21st and receive a discount. September is free for 3 and 4 year olds!

For registration details email us at rushnychok@gmail.com or find us on Facebook at Rushnychok Ukrainian Folk Dance.

We dance Wednesday's at the newly renovated Dance Saskatchewan Studios! Classes begin on September 4th 2019 at our new location! Tots class starts at 4:30 pm or 5:00 pm.



Learn to Dive!

**Fall Registration
Information at:**

www.saskatoondivingclub.ca



2019 SMF FALL REGISTRATION IS OPEN



TYKES ON SPIKES

- 3-6 Year old boys & Girls fundamental movement skills
- Registration is open Cost \$100 Late Reg \$150 Aug 1st
- Spring and Fall Seasons

SMF NORTH SASK FEMALE ACADEMY

- Grade 9-12 Girls fundamental movement skills
- Registration is open Cost \$450 Fall Only \$500 Late Reg Aug 1st
- Receive 20 Football & 10 Training Sessions with Ignite Athletics
- Elite coaching from the best Saskatoon has to offer. Partnered with the Saskatoon Valkyries



5on5 FLAG FOOTBALL

- Grade 1-8 Boys & Girls
- Registration is open Cost \$120 Late Reg \$150 Aug 1st
- Spring and Fall Seasons

From the Playground to the Pros, It Starts Here
WWW.SASKATOONMINORFOOTBALL.COM



All Star Dance (performance cheer) is an artistic-based activity that blends dance, tumbling, and competition all within a team!
 Sept-March
 2-4 hours a week
 Part of a club of 300+



www.prairiefirecheerleading.ca

Performance Cheer is Dance, team and fun all in one! 



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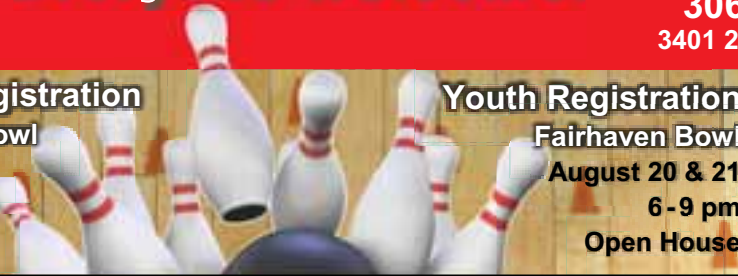
Eastview Bowl
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 2929 Louise Street

Everyone Welcome!

Fairhaven Bowl
 306-382-2822
 3401 22nd Street West



Youth Registration
 Eastview Bowl
 August 24th
 11-4 PM
 Reg & BBQ



Youth Registration
 Fairhaven Bowl
 August 20 & 21
 6-9 pm
 Open House





Auditions

FOR 2019-2020 PERFORMING SEASON
AUGUST 23, 2019

The Saskatoon Children's Choir offers young singers a rich and challenging experience.

All young people who enjoy singing are welcome to audition.

Phoebe Voigts, Artistic Director
Michelle Aalders, Accompanist

Preparatory Choir: Ages 7-9

Apprentice Choir: Ages 8-13

Concert Choir: Ages 11-16

FOR MORE INFORMATION OR TO BOOK AN AUDITION,
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VISIT WWW.SASKATOONCHILDRENSCHOIR.ORG



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sitsaskatoon.ca

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of Personal Development

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Totally Teen
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Tuesdays Sept 17, 7 - 9 p.m.
Saturdays Sept 14, 2 - 4 p.m.

Male Modelling
(age 13 and up) 12 weeks
Tuesdays Sept 17, 7 - 9 p.m.

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2019-2020 Saskatoon Minor Hockey Registration

LATE ONLINE REGISTRATION CLOSES AUGUST 19

REGISTER ONLINE TODAY WITH YOUR HOME ZONE:

DON'T MISS OUT!

Aces Zone – www.saskatoonaces.ca

Bobcats Zone – www.saskatoonbobcats.com

Comets Female – www.cometshockey.ca

Flyers Zone – www.saskatoonflyers.ca

Redwings Zone – www.saskatoonredwings.ca

Renegades Zone – www.saskatoonrenegades.ca

Wild Zone – www.saskatoonwild.com

*GSHL AA Tryouts – www.gshlonline.ca

*Peewee, Bantam & Midget age divisions

2019-2020 Age Groups: Initiation (born 2013-14); Novice (11-12); Atom (09-10); Peewee (07-08);

**Bantam (05-06); **Midget (02-04)

**SMHA offers Bantam & Midget No Body Checking Leagues

Saskatoon KidSport Funding – please call 306-975-0818 for information

For more information on SMHA minor hockey registration:

Email: smha@sasktel.net

Phone: 306-244-1363

Web: www.smha.sk.ca

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|-------------------------|---------|----------|--------|----------|---------|
| Little NINJA Ages 4 - 5 | | | | 5:30pm | 10:00am |
| CHILDREN K. to Gr.2 | 6:00pm | | 6:00pm | 4:30pm | 10:00am |
| JUNIOR Gr. 3 - 5 | 6:00pm | 5:00pm | 5:00pm | 4:30pm | 10:30am |
| YOUTH Gr. 6 - 8 | 5 + 7pm | 6 or 7pm | 7:00pm | 6 or 7pm | 11:00am |
| ADULTS Gr. 9 + Older | 7:00pm | 6 or 7pm | 7:00pm | 6 or 7pm | 11:00am |
| Beginner to Green-Belt | 7:00pm | 6:00pm | 7:00pm | 6:00pm | 11:00am |
| Blue-Belt to Black-Belt | 7:00pm | 7:00pm | 7:00pm | 7:00pm | 11:00am |

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save 30% off registration fee

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We offer for 2019 the following programs

Children's Classes

Pre-School, Kindergarten, Level 1, Level 2 and Level 3
 Social registration for student \$130.00
 The course starts on September 21st and ending on May 7th, 2020
 From: 1:00-3:00 pm for Pre-School and Kindergarten
 From: 1:00-3:30 pm for Level 1, Level 2 and Level 3

Children & Adult Class

Registrations on September 14th, 2019 in the Cafeteria at Aden Bowman Collegiate
 From: 1:30-2:30 pm. • 1904 Clarence Avenue

Adult Classes

Beginner Spanish Class
 Two Classes once a week for 10 Weeks
 From: 6:45-8:15pm
 Starting on Wednesday September 18th and ending on November 27th, 2019
 Cost of the Adult course: \$225.00 (Materials Included)

FOR MORE INFORMATION:

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email: bsobad@sasktel.net

Registration for new students

on Wednesday, August 28
 from 12:00 pm – 7pm

Albert Community Centre
 Room 4

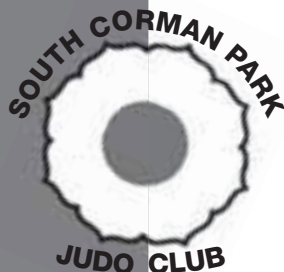
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 at St. Joseph's Hall
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Meetings on select Tuesdays each month

Registration Night: September 3rd at 6:30

At The Mayfair United Church

More information at
www.SaskatoonCameraClub.com

SASKATOON YOUTH SOCCER INC.

Indoor Soccer

U5 to U19 SOCCER

REGISTRATION:

Mid-August to Early-September

Check with your Zone or Community Association
for registration dates and locations

Indoor Season Information:

| | | |
|------------------|--------------------------|----------|
| Mini U5 – U9: | October 20 – mid-March | 15 games |
| Youth U11 – U13: | October 15 – early-March | 20 games |
| Youth U15 – U19: | October 22 – early-March | 18 games |

Register according to your birth year:

Community-Based Programs (Community Association handles registration, coaches, and equipment):

| | | |
|------------------|------------------------|-------------------------------------|
| Born 2015 | Mini Under – 5 Timbits | Register with Community Association |
| Born 2013 / 2014 | Mini Under – 7 Timbits | Register with Community Association |
| Born 2011 / 2012 | Mini Under – 9 | Register with Community Association |

Zone Association-Based Programs (Zone coordinates registration, coaches, and additional player development):

| | | |
|------------------|--------------------------|---|
| Born 2013 / 2014 | Mini Under-7 Development | Register with Zone Association (home zone recommended) |
| Born 2011 / 2012 | Mini Under-9 Development | Register with Zone Association (home zone recommended) |
| Born 2009 / 2010 | Youth Under-11 | Register with Zone of Residence |
| Born 2007 / 2008 | Youth Under-13 | Register with Zone of Residence |
| Born 2005 / 2006 | Youth Under-15 | Register with Zone of Residence |
| Born 2001 – 2004 | Youth Under-19 | Birth Years 2003 / 2004 Register with Zone of Residence Birth Years 2001 / 2002 Register with Zone Association |



306-975-3413

Tentative Game Days, Registration Dates, and Contact Info for Community Associations and Zones
will be posted on our website as early as Aug 1st.

www.saskatoonyouthsoccer.ca



**Traditional Shotokan
Karate Do
(Nishiyama-ITKF)**
831-7947 or 220-9196

Fall Sessions

start Wednesday, September 4th

Classes: Wednesday 7:30 pm
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All registered ITKF Instructors

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For more information call 306-975-0058 or visit our website
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Use hockey or figure skates

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Lions Arena:

Sept 16, 18, 23, 25

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One or two days per week Tuesday &/or Thursday

Half Season (Oct - Dec) or Full Season (Oct - Mar)

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Lions Arena

FOR MORE INFORMATION

membership.slssc@gmail.com

Call/text: 306.371.3721

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Tuesday, August 20th

6:30-8:00pm Lions Arena

REGISTER ONLINE: www.slspedskating.com

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Everyone welcome

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Registration date in September will be posted on our Facebook page or you can e-mail us for more information.

Winter Session runs from November until February on select Sundays.

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Find us on Facebook at  Saskatchewan Mini Rugby - Saskatoon

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