

LEISURE GUIDE

FREE!

Fall 2024

Take the First Step to Active Living!

The First Step Program™ is a prevention /
rehabilitation program for those with
health concerns. p 32

We've gone digital!

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



View the current Leisure Guide online

saskatoon.ca/leisureguide



Browse and register for Registered Programs with Leisure Online

saskatoon.ca/leisureonline



Check out Drop-in Program times and locations on Leisure Online

saskatoon.ca/leisureonline



Connect with your neighbourhood Community Association to see what they have to offer this season

saskatoon.ca/communityassociations



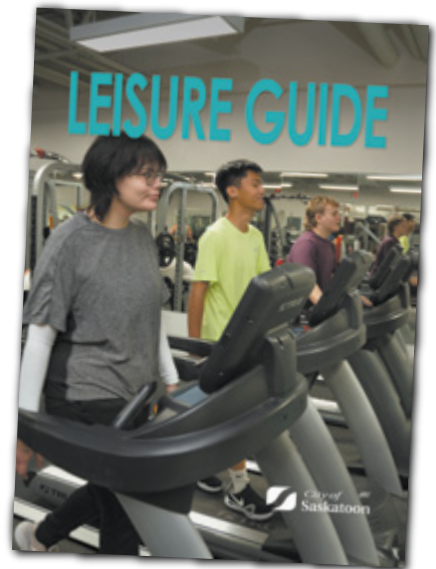
Attention Advertisers!

GET IN THE GUIDE!

Does your organization or business offer arts, culture or recreational programs and services? If you do, you're invited to advertise in the City of Saskatoon Leisure Guide. The Leisure Guide is published three times a year and is available online at saskatoon.ca/leisureguide, or can be picked up at any City leisure facility, Saskatoon library or anywhere the StarPhoenix newspaper is sold.

DEADLINE for advertising in the 2025 Winter Leisure Guide is Friday, October 11, 2024.

BOOK TODAY! For more information, contact your StarPhoenix advertising consultant, call 1-306-203-3419, or visit saskatoonleisureguide.mylp.co



Available November 15!

saskatoon.ca/leisureguide



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 or learn a new skill. You'll also find out about sports, culture and recreation opportunities offered by community organizations throughout the city.

The Leisure Guide is available each season two weeks in advance of program registration and can be picked up at any City leisure facility, Saskatoon public library or wherever the StarPhoenix is sold. The Guide is also available online at saskatoon.ca/leisureguide.



Mark your calendars!

✓ Registration for Fall programs begins Sunday, August 18, 2024.

2025 Winter Leisure Guide will be available Friday, November 15, 2024.

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.



Fall 2024 Leisure Guide cover photo taken at Saskatoon Field House. Refer to page 32 or visit saskatoon.ca/firststep to learn more about The First Step Program™.

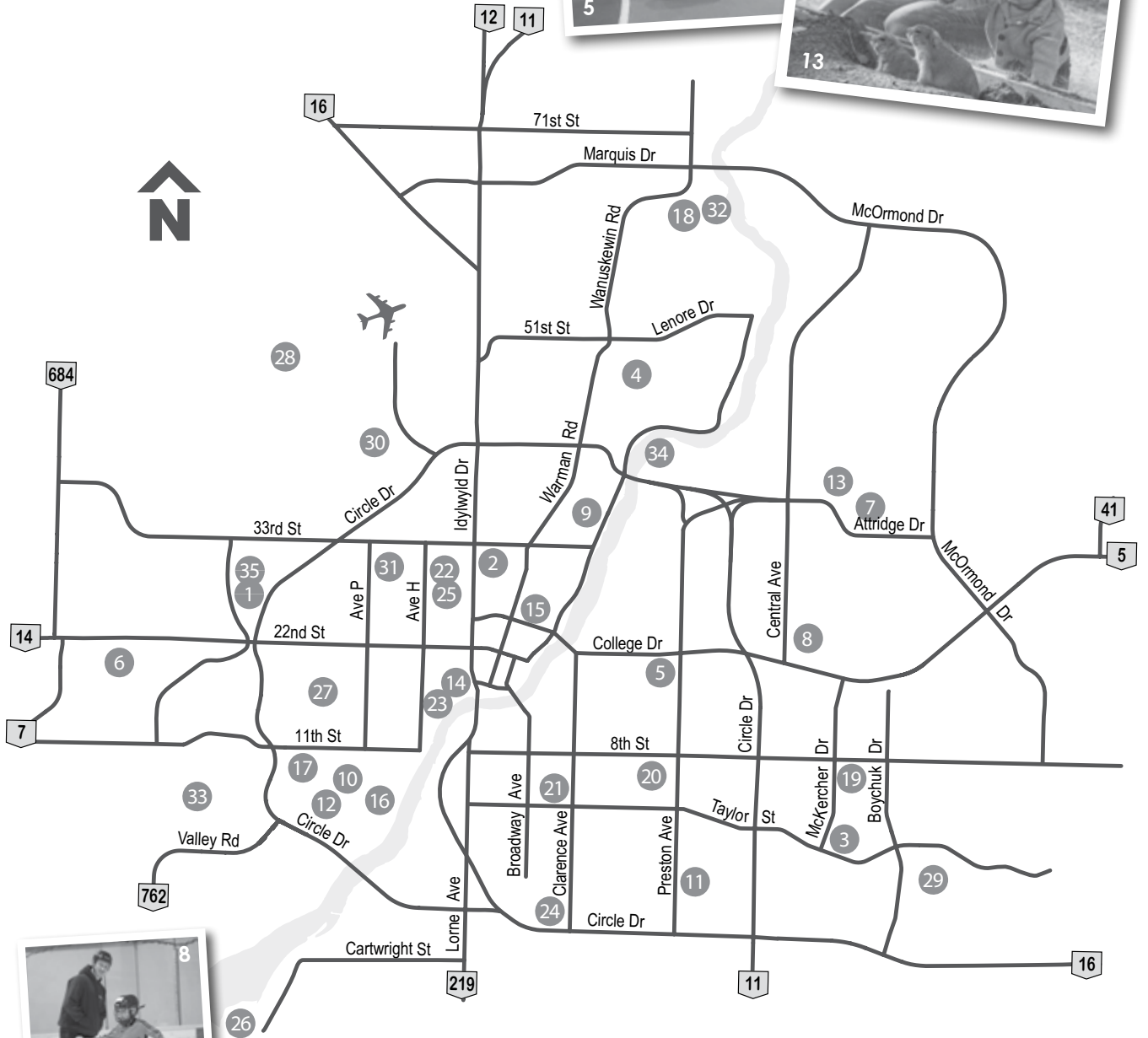
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RECREATION MAP

Find Your Fun!

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



Visit saskatoon.ca/recreation 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 Closed for
facility upgrade
- 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

ICE SKATING

- 8 **ACT ARENA**.....35
107-105th Street East
- 9 **ARCHIBALD ARENA**.....35
1410 Windsor Street
- 1 **COSMO ARENA**.....35
3130 Laurier Drive
- 10 **GORDIE HOWE KINSMEN ARENA**.....35
1405 Avenue P South (*Rentals only*)
- 11 **LIONS ARENA**.....35
2205 McEown Avenue
- 12 **CLARENCE DOWNEY SPEED
SKATING OVAL**.....36
Dudley Street & Avenue R South

OTHER ATTRACTIONS

- 13 **SASKATOON FORESTRY FARM
PARK & ZOO**, 1903 Forestry Farm Park Drive.....37
- 14 **OUTDOOR FITNESS CIRCUIT
AT RIVER LANDING**
- 15 **NUTRIEN PLAYLAND AT KINSMEN PARK**
945 Spadina Crescent East
- 16 **GORDON HOWE CAMPGROUND**
1640 Avenue P South (off 11th Street)

GOLF COURSES

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

OUTDOOR POOLS

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

DOG PARKS

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



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 12-34 or visit saskatoon.ca/leisurecentres.



LEISURE CENTRES

COSMO CIVIC CENTRE (ccc)



3130 Laurier Drive • 306.975.3344 • saskatoon.ca/cosmo

Workout in the fitness and weight room, hit the wallyball 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 9:00 AM-10:00 PM

Saturday 9:00 AM-6:00 PM • Sunday 12:00 PM-6:00 PM

*Closed on statutory holidays. *Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.*

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

FACILITY FEATURES

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



HARRY BAILEY AQUATIC CENTRE (HBC)



1110 Idylwyld Drive North • saskatoon.ca/harrybailey



Harry Bailey Aquatic Centre closed on March 31, 2023 for a major facility upgrade. Visit saskatoon.ca/harrybailey for project updates.

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. 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

*Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.

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

FACILITY FEATURES

- Zero-depth Leisure Pool • Hot Tub • Sauna • Gymnasium
- Water Spray Features with 150 ft Waterslide • Lockers
- WiFi available • Multi-Purpose Room • Child Minding Room
- Library • Fitness & Weight Rooms • Meeting Room
- Poolside & Outdoor Decks • Vending Machines
- FREE Level 2 EV Charging Station



Get fit and fully charged!

Lakewood and Lawson Civic Centres now have a **Level 2 EV charging station**.

Charge your EV for free.

For more information visit saskatoon.ca/EV



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

*Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.

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

FACILITY FEATURES

- Zero-depth Wave Pool • Water Spray Features
- Hot Tub • Multi-Purpose Room • Indoor Playground
- Fitness & Weight Room • Poolside & Outdoor Decks
- WiFi available • Lockers • Library • Vending Machines
- Sauna • FREE Level 2 EV Charging Station



SASKATOON FIELD HOUSE (SFH)



2020 College Drive • 306.975.3354 • saskatoon.ca/fieldhouse

Focus on health and wellness with fitness equipment, a track, sport 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*

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

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

*Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.

FACILITY FEATURES

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



saskatoon.ca/facilityrentals

SHAW CENTRE (SCC)



122 Bowlt 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 fitness centre overlooks the pool and offers excellent variety for your workout, offering weight machines, free weights and treadmills, ellipticals, rowers and cycling. Walkers, joggers, runners and strollers are welcome on the 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*

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

Saturday 8:30 AM-9:00 PM

Sunday 9:00 AM-8:00 PM

*Facility hours are subject to change. Check out Drop-in Program times at saskatoon.ca/leisureonline.

FACILITY FEATURES

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

***Outdoors



TERRY FOX TRACK (TFT)



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

This synthetic sports track is designed for fitness. Circling the indoor soccer fields of the Saskatoon Sports Centre, the lanes measure more than 350 m and are available for rent.

HOURS OF OPERATION*

Monday to Friday 10:00 AM-1:00 PM* & 4:00 PM-8:00 PM

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

Closed on statutory holidays.

*Facility hours are subject to change.

FACILITY FEATURES

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



Check out Drop-in Program times and locations on Leisure Online.

saskatoon.ca/leisureonline

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.

	Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family
Single Admission†	\$10.40	\$6.25	FREE	\$20.80
Bulk Tickets (10)†	\$86.00	\$51.50	FREE	\$172.00

Prices include applicable taxes.



What is a Bulk Ticket?

Buy 10 general admissions at a discounted price. Bulk Tickets never expire and are transferable to family and friends. They also make great birthday gifts or additions to treat bags.



Last Hour Promotion

Take advantage of the last hour of operation at any Leisure Centre fitness and weight room, walking track and open gym, seven days a week for a \$3.50 admission. Excludes swimming pools, the Terry Fox Track, and badminton and pickleball at Saskatoon Field House.



Child Minding

Child Minding is FREE with the purchase of a Family General Admission, Family Bulk Ticket or Family LeisureCard.

General Admission is non-refundable.

† Terry Fox Track: General Admission is \$4.40. Bulk Tickets are \$36.30. Prices include applicable taxes.

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



	First Child	Each Additional Child
General Admission	\$3.80/hr	\$2.30/hr
Bulk Ticket (10 hours)	\$31.00	\$18.50

Prices include applicable taxes.

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 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 16 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.

	Adult (19+)	Youth (6-18 yrs)	Family
LeisureCard* (Monthly Rate)	\$57.20	\$34.30	\$114.40
2-Week Trial Pass	\$28.60	\$17.20	\$57.20

Prices include applicable taxes.



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.



Corporate LeisureCard

The Corporate LeisureCard is available to businesses and organizations who have a minimum of 25 employees and have their offices physically located in Saskatoon. The Corporate LeisureCard offers the employees of eligible businesses a 20% discount on their LeisureCard purchases, including Family LeisureCards! There is no fee to register.

For more information visit saskatoon.ca/corporateleisurecard.



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, Family Bulk Ticket or Family General Admission.

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



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 swimming lessons!

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

Perk 3 \$57.20 PerkCard. Give as a gift or keep for yourself. The promotional \$57.20 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.

LEISURE ACCESS PROGRAM

The Leisure Access Program provides access for eligible low-income residents within the city to participate in City of Saskatoon leisure facilities and programs. The program includes unlimited admission to Drop-in Programs at any indoor Leisure Centre, one registered recreation program per year, complimentary ride tickets for Nutrien Playland at Kinsmen Park and single-use family passes* to the Western Development Museum. Free child minding is available for children six years of age and under at Lakewood Civic Centre, Shaw Centre and Saskatoon Field House while their parent or guardian participates in a Leisure Centre activity.

To review eligibility criteria or apply online, please visit saskatoon.ca/leisureaccess. Application forms are also available at any Leisure Centre. For further information about the Leisure Access Program call 306-975-3378 or email leisureaccess@saskatoon.ca.

* Family passes are available while supplies last.

Drop-in Programs

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

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

Fall Drop-in Programs run from September 1 to December 31. Check out Drop-in Program times and locations at saskatoon.ca/leisureonline.

*Search for
Drop-in Programs
Online!*



Search for drop-in program information, including facility, fitness and weight room hours, public swim sessions and fitness programs on Leisure Online at saskatoon.ca/leisureonline.

NOTE: Some drop-in programs have limited space/equipment and require a reservation, which can be made online or by calling the respective Leisure Centre. Reservations open at 7 a.m. daily and can be booked up to two days in advance. To cancel, log into your Leisure Online account and go to My Account/Cancel a Reserved Drop-in Program, or call any Leisure Centre during regular hours of operation (pages 6-9).



SWIMMING

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

Aqua Walk Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed. Deep Water Aqua Walk is available at Lawson Civic Centre. **LWC, LCC, SCC**

Family Swim* Time for families only. **LWC, LCC, SCC**

Lane Swim Self-directed swimming for fitness. 25m and 50m lanes (50m available only at SCC). **LWC, LCC, SCC**

Parented Splash Time* (formerly known as Parent & Tot Swim). For children under the age of six and a supervising adult(s). Children must be within arm's length of an adult at all times (maximum two children per adult). Access to pool space and water features varies at each pool. **LWC, LCC, SCC**

Public Swim* Open time for everyone. **LWC, LCC, SCC**

** Refer to The Fine Print below for the Children Under 6 Years policy.*

CCC Cosmo Civic Centre
LWC Lakewood Civic Centre
LCC Lawson Civic Centre
SFH Saskatoon Field House
SCC Shaw Centre

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. Book a court up to two days in advance. **SFH**

Basketball An opportunity to play pick-up games. **LWC, SCC**

Family Gym Participate together as a family in the gym. Sports equipment is provided for use. **LWC**

Indoor Playground 7 yrs & under. Climb, slide and run around in a space filled with toys and play equipment. Adult supervision required. **LWC, LCC, SCC**

Indoor Play Zone 6 yrs & under. Prepare to enter the zone of endless fun and giggles, where kids can run, climb and play to their heart's content in a large space filled with balls, hoops, tunnels and more! Parents/guardians must be present. **CCC, LWC, LCC**

Pickleball Combines elements of tennis, badminton and ping pong. Paddles not provided. Book a court up to two days in advance. **CCC, LWC, SFH**

Public Gym Participate in your favourite gym activity. **LWC, SCC**

Racquetball Racquet sport played in a four-walled court. Bring your own equipment. **CCC**

Teen Open Gym 10-18 yrs. Play basketball with your friends or participate in your favourite gym activity. Supervised by facility staff. **FREE! CCC**

Wallyball A face-paced game similar to volleyball played on a racquetball court. Players utilize the walls to bounce the ball across the net. Call Cosmo to reserve the court for one-hour blocks. **CCC**

GENERAL FITNESS CLASSES

16 yrs+. Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.

Aqua Fitness Enjoy the unique benefits of a total body workout in shallow water, alternating between cardio and muscle conditioning. No swimming skills required. **LWC, LCC, SCC**

New! Aqua Fitness by Video Instruction Participants are led by video instruction and will receive a similar total body workout as a traditional aqua fitness class by following exercises projected on a large TV screen at the edge of the pool deck. This class is offered when an instructor is not available to instruct the class. **LWC**

Aqua HIIT Aqua HIIT (High Intensity Interval Training) combines cardio, core and muscular strength intervals with the added resistance of water. **LCC**

New! Baby & Me Aqua Fitness Enjoy a 45-minute workout in the water while your baby floats in a seat alongside. Open to all parents and caregivers. It is recommended babies be between the ages of 6 to 18 months. **LCC, SCC**

Boxercise Utilizes footwork, sparring, and cardio for a fast paced workout. **SFH, SCC**



THE FINE PRINT

Instructor-led Fitness Classes A separate admission fee (General Admission, Bulk Ticket or LeisureCard) is required for each instructor-led fitness class.

Youth ages 7-12 Youth ages 7-12 are allowed to use cardio equipment only and must be directly supervised by an adult. Youth ages 13-15 are allowed to use cardio and strength equipment and must be directly supervised by an adult (unsupervised if they have a Youth Weight Room Card). Youth must be 16 and older to participate in an instructor-led fitness program.

Children Under 6 Years 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.

Racquet and Court Sports Badminton and pickleball bookings are one hour in duration. The drop-in admission fee is charged for each hour booked.



Cardio & Sculpt A combination of cardio and strength building exercises for a complete workout using a variety of equipment. Cardio types include: Step, hi/lo and HIIT. **LWC, LCC, SFH**

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

Group Cycle Uses varying degrees of tension and techniques through hills, speed drills, intervals, strength and core endurance. **SFH, SCC**

Group Cycle & Sculpt Alternates beginner/intermediate stationary cycling with intensive muscle conditioning. **SFH, SCC**

HIIT High Intensity Interval Training classes alternate between high and low intensity exercises. **SFH, SCC**

- CCC** Cosmo Civic Centre
- LWC** Lakewood Civic Centre
- LCC** Lawson Civic Centre
- SFH** Saskatoon Field House
- SCC** Shaw Centre

Intermediate Fitness Yoga

Increase the challenge with the addition of intermediate poses and new variations of beginner poses. Not recommended for women who are pregnant. **SFH**

Muscle Sculpt Improves flexibility, muscular strength and endurance with a variety of muscle conditioning and stretching techniques with equipment. **LWC, LCC, SFH**

Step Improves cardio endurance with step combinations. **LWC**

Zumba® Fitness Burn calories and get energized through movements that fuse Latin rhythms and easy to follow steps. Learn the steps to the four basic rhythms of merengue, salsa, cumbia and samba. **CCC, SFH, SCC**

GENTLE FITNESS CLASSES

16 yrs+. Classes offer moderately-paced exercises with a focus on maintaining or restoring functional fitness and mobility.

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

Deep Water Aqua Fitness Minimizes joint stress using flotation belts to provide support while you work out in the deep end. Tethers may be utilized during class at Shaw Centre. **SCC**

Functional Fitness Prepares your body for real life movements and daily tasks through strength training, balance, range of motion and mobility exercises. **CCC, LCC, SCC**

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



Gentle Fitness Yoga A slower paced yoga class with more emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility. **LWC, LCC, SCC**

Low Impact & Sculpt Combines cardiovascular, light strength training and flexibility exercises. **LWC, LCC**

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

Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for a 90-minute 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.

Sessions will be offered at Lakewood Civic Centre, Lawson Civic Centre, Shaw Centre and Saskatoon Field House. Visit page 31 for more information.

Save with the Corporate LeisureCard

Attention business owners and managers! Does your business or organization have 25 or more employees?

We invite you to register your business for the City of Saskatoon Corporate LeisureCard Program and your employees will save 20% on all LeisureCard purchases. A LeisureCard provides unlimited drop-in access to all Leisure Centres, plus the City's outdoor pools, indoor rinks and Terry Fox Track.

Visit saskatoon.ca/corporateleisurecard to learn more or register.





Registered Programs

Leisure Centres offer a wide range of Registered Programs each season – from Lifesaving Society 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 18 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 18 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.

* Visa and MasterCard are accepted forms of payment for online transactions. Call any Leisure Centre to make a payment with American Express. Cash and Debit are accepted in person.

PHONE 306.975.2800

Phone registrations for Fall programs start on Sunday, August 18 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, August 18 – 6:00 PM to 9:00 PM*
 Monday, August 19 – 8:00 AM to 1:00 PM
 Tuesday, August 20– 8:00 AM to 1:00 PM

To register by phone after August 20, contact any Leisure Centre (see pages 6-9).

* NOTE: This excludes Private & Semi-Private swim lessons (page 27) and Multi-Level Swim Lessons for Families (page 23), which will open on **Monday, August 19**.

VISIT A FACILITY

Walk-in registrations for Fall programs begin Monday, August 19 at 6:30 AM at the following locations:

Cosmo Civic Centre*, 3130 Laurier Drive
Lakewood Civic Centre, 1635 McKercher Drive
Lawson Civic Centre, 225 Primrose Drive
Saskatoon Field House, 2020 College Drive
Shaw Centre, 122 Bowlt Crescent

* Walk-in registration begins at 9 AM.

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, information on equipment and 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.

Active Families Benefit The Active Families Benefit is an annual refundable tax benefit that helps Saskatchewan families with the costs of their children's participation in cultural, recreational and sports activities. Families with an annual household income of up to \$60,000 and a child 18 years of age or younger as of the last day of the taxation year, are eligible for a fully refundable tax benefit up to \$150 per child or \$200 per child with a disability. Remember to keep your program receipt for income tax purposes.

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).

Prices All registered program prices include applicable taxes.

Leisure Online Convenience Fee Leisure program registrations processed through Leisure Online will be charged an additional \$1.00 (plus GST) convenience fee on each program registration. The convenience fee will come into effect March 1, 2024.

PROGRAMS & ACTIVITIES

LIFESAVING SOCIETY SWIM LESSONS

The City of Saskatoon offers Lifesaving Society Canada swim lessons. If your most recent swim lessons were with Red Cross prior to 2023, visit saskatoon.ca/swimming-lessons and review the transfer chart before making your class selection or call any Leisure Centre (with a pool) and ask to speak to the Aquatic Technician.



LESSON LEVEL DESCRIPTIONS

PARENT AND TOT (AGES 4-36 MONTHS; PARENTED)

The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play, developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Parent & Tot levels.

P&T 1	4-12 months	Designed for the 4 to 12-month-old and their caregiver. Focus on introduction to the water.
P&T 2	12-24 months	Designed for the 12 to 24-month-old and their caregiver. Focus on introduction to floating and kicking.
P&T 3	24-36 months	Designed for the 2 to 3-year-old and their caregiver. Focus on independent entries, assisted floats and glides.

Swim Lesson Schedule Options

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

Five day swim lesson sets • Daily for 2 weeks
 Once per week for 8-10 weeks
 Twice per week for 5 weeks
 Multi-Level Swim Lessons for Families

Twice per week for 4 weeks • Private swim lessons
 Semi-private swim lessons • Adult swim lessons

LESSON LEVEL DESCRIPTIONS

PRESCHOOL (AGES 3-5 YRS; UNPARENTED)

The Preschool Program gives children a head start on learning to swim. Preschool Programs develop an appreciation and healthy respect for the water before these kids get in too deep. In our five basic aquatic progressions we work to ensure 3 to 5 year olds become comfortable in the water and have fun developing a foundation of water skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Preschool levels.

Preschool 1	3-5 yrs. We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.
Preschool 2	3-5 yrs. These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a personal flotation device (PFD). They'll submerge and exhale underwater. Wearing a PFD they'll glide on their front and back.
Preschool 3	3-5 yrs. These youngsters will try both jumping and a sideways entry into deep water while wearing a personal flotation device (PFD). They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.
Preschool 4	3-5 yrs. Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a personal flotation device (PFD) and gliding and kicking on their side.
Preschool 5	3-5 yrs. These youngsters get more adventuresome with a forward roll entry wearing a personal flotation device (PFD) and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

SWIMMER (AGES 6+; UNPARENTED)

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate swimmers 6 years of age and older, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Swimmer levels.

Swimmer 1	6+ yrs. These beginners will become comfortable jumping into water with and without a personal flotation device (PFD). They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.
Swimmer 2	6+ yrs. These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a personal flotation device (PFD). They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Swimmer 3	6+ yrs. These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
Swimmer 4	6+ yrs. These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
Swimmer 5	6+ yrs. These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.
Swimmer 6	6+ yrs. These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.
Rookie Patrol	8+ yrs. Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
Ranger Patrol	8+ yrs. Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.
Star Patrol	8+ yrs. Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.



LESSON LEVEL DESCRIPTIONS

ADULT SWIMMER (AGES 16+)

The Adult Swimmer Program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Water Smart® education is part of all levels. Instructors should be prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.



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

See page 10.

Adult Swimmer 1	16+ yrs. You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training.
Adult Swimmer 2	16+ yrs. Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. You'll be supporting yourself at the surface for 1-2 minutes, and showing off your handstands in shallow water.

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
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There is still time to register in end-of-summer swim lessons!

Visit leisureonline.saskatoon.ca for more information or to register.

GEORGE WARD POOL 1915 5th Street East

Preschool 1 (Ages 3-5 yrs)

Aug 6-16	M-F	09:05 AM-09:35 AM	9	\$69.25	GW3718-01
Aug 6-16	M-F	10:15 AM-10:45 AM	9	\$69.25	GW3718-02
Aug 6-16	M-F	11:25 AM-11:55 AM	9	\$69.25	GW3718-03

Preschool 2 (Ages 3-5 yrs)

Aug 6-16	M-F	09:40 AM-10:10 AM	9	\$69.25	GW3723-01
Aug 6-16	M-F	10:10 AM-10:40 AM	9	\$69.25	GW3723-02

Preschool 5 (Ages 3-5 yrs)

Aug 6-16	M-F	10:40 AM-11:10 AM	9	\$69.25	GW3738-01
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Swimmer 1 (Ages 6+)

Aug 6-16	M-F	09:10 AM-09:40 AM	9	\$69.25	GW3743-01
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Swimmer 4 (Ages 6+)

Aug 6-16	M-F	09:20 AM-10:05 AM	9	\$91.00	GW3758-01
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Star Patrol (Ages 6+)

Aug 6-16	M-F	10:55 AM-11:55 AM	9	\$104.25	GW3783-01
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LATHEY POOL 815 Taylor Street East

Parent & Tot 3 (Ages 24-36 mos)

Aug 6-16	M-F	11:45 AM-12:15 PM	9	\$69.25	LA3713-01
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Preschool 1 (Ages 3-5 yrs)

Aug 6-16	M-F	09:20 AM-09:50 AM	9	\$69.25	LA3718-01
Aug 6-16	M-F	11:20 AM-11:50 AM	9	\$69.25	LA3718-03

Preschool 2 (Ages 3-5 yrs)

Aug 6-16	M-F	09:50 AM-10:20 AM	9	\$69.25	LA3723-01
Aug 6-16	M-F	11:10 AM-11:40 AM	9	\$69.25	LA3723-02
Aug 6-16	M-F	11:40 AM-12:10 PM	9	\$69.25	LA3723-03

Preschool 4/5 (Ages 3-5 yrs)

Aug 6-16	M-F	12:20 PM-12:50 PM	9	\$69.25	LA3954-01
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Swimmer 1 (Ages 6+)

Aug 6-16	M-F	09:15 AM-09:45 AM	9	\$69.25	LA3743-01
Aug 6-16	M-F	09:55 AM-10:25 AM	9	\$69.25	LA3743-02
Aug 6-16	M-F	12:15 PM-12:45 PM	9	\$69.25	LA3743-04

MAYFAIR POOL 1025 Avenue F North

Preschool 1 (Ages 3-5 yrs)

Aug 6-16	M-F	09:35 AM-10:05 AM	9	\$69.25	MY3718-01
Aug 6-16	M-F	11:00 AM-11:30 AM	9	\$69.25	MY3718-02

Preschool 2 (Ages 3-5 yrs)

Aug 6-16	M-F	10:10 AM-10:40 AM	9	\$69.25	MY3723-01
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Swimmer 1 (Ages 6+)

Aug 6-16	M-F	09:40 AM-10:10 AM	9	\$69.25	MY3743-01
Aug 6-16	M-F	11:25 AM-11:55 AM	9	\$69.25	MY3743-03

Swimmer 2 (Ages 6+)

Aug 6-16	M-F	10:45 AM-11:15 AM	9	\$69.25	MY3748-02
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Rookie Patrol (Ages 6+)

Aug 6-16	M-F	11:25 AM-12:25 PM	9	\$104.25	MY3773-01
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LAKELWOOD CIVIC CENTRE 1635 McKercher Drive

Preschool 1 (Ages 3-5 yrs)

Aug 12-16	M-F	11:25 AM-11:55 AM 06:25 PM-6:55 PM	10	\$90.75	LW3717-06
Aug 19-30	M-F	09:10 AM-09:40 AM	10	\$90.75	LW3717-07
Aug 19-30	M-F	11:15 AM-11:45 AM	10	\$90.75	LW3717-08

LIFESAVING SOCIETY SWIM LESSONS

PROGRAMS & ACTIVITIES

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Preschool 2 (Ages 3-5 yrs)						SHAW CENTRE 122 Bowit Crescent					
Aug 12-16	M-F	10:50 AM-11:20 AM 05:50 PM-06:20 PM	10	\$90.75	LW3722-06	Parent & Tot 2 (Ages 12-24 mos)					
Aug 19-30	M-F	09:10 AM-09:40 AM	10	\$90.75	LW3722-07	Aug 12-23	M-F	11:30 AM-12:00 PM	10	\$90.75	SC3707-02
Aug 19-30	M-F	11:35 AM-12:05 PM	10	\$90.75	LW3722-08	Parent & Tot 3 (Ages 24-36 mos)					
Preschool 3 (Ages 3-5 yrs)						Aug 12-23	M-F	10:10 AM-10:40 AM	10	\$90.75	SC3712-02
Aug 12-16	M-F	10:50 AM-11:20 AM 05:50 PM-06:20 PM	10	\$90.75	LW3727-04	Preschool 1 (Ages 3-5 yrs)					
Aug 19-30	M-F	09:45 AM-10:15 AM	10	\$90.75	LW3727-05	Aug 12-23	M-F	09:00 AM-09:30 AM	10	\$90.75	SC3717-06
Swimmer 1 (Ages 6+)						Aug 12-23	M-F	09:35 AM-10:05 AM	10	\$90.75	SC3717-07
Aug 12-16	M-F	10:35 AM-11:05 AM 05:35 PM-06:05 PM	10	\$90.75	LW3742-07	Preschool 2 (Ages 3-5 yrs)					
Aug 19-30	M-F	09:25 AM-09:55 AM	10	\$90.75	LW3742-09	Aug 12-23	M-F	09:50 AM-10:20 AM	10	\$90.75	SC3722-05
Swimmer 6 (Ages 6+)						Aug 12-23	M-F	10:45 AM-11:15 AM	10	\$90.75	SC3722-06
Aug 12-16	M-F	11:10 AM-11:55 AM 06:10 PM-06:55 PM	10	\$119.00	LW3767-02	Rookie Patrol (Ages 6+)					
Ranger Patrol (Ages 6+)						Aug 12-23	M-F	09:00 AM-10:00 AM	10	\$136.25	SC3772-02
Aug 12-16	M-F	10:35 AM-11:35 AM 05:35 PM-06:35 PM	10	\$136.25	LW3777-02	Star Patrol (Ages 6+)					
						Aug 12-23	M-F	10:25 AM-11:25 AM	10	\$136.25	SC3782-02
						Swimmer 1 (Ages 6+)					
						Aug 12-23	M-F	09:00 AM-09:30 AM	10	\$90.75	SC3742-07
						Aug 12-23	M-F	10:55 AM-11:25 AM	10	\$90.75	SC3742-08
						Aug 12-23	M-F	11:30 AM-12:00 PM	10	\$90.75	SC3742-09
						Swimmer 4 (Ages 6+)					
						Aug 12-23	M-F	11:20 AM-12:05 PM	10	\$119.00	SC3757-05
						Swimmer 6 (Ages 6+)					
						Aug 12-23	M-F	09:00 AM-09:45 AM	10	\$119.00	SC3767-02

LAKWOOD CIVIC CENTRE 1635 Mc Kercher Drive

Classes cancelled on Sep 2 & 30; Oct 14 & 31; Nov 11, 15, 16 & 17.

Parent & Tot 1 (Ages 4-12 mos)

Sep 9-Nov 18	M	10:20 AM-10:50 AM	8	\$72.50	LW4700-01
Sep 10-Oct 29	Tu	03:00 PM-03:30 PM	8	\$72.50	LW4700-02
Sep 11-Oct 30	W	10:20 AM-10:50 AM	8	\$72.50	LW4700-03
Sep 12-Nov 7	Th	10:20 AM-10:50 AM	8	\$72.50	LW4700-04
Sep 12-Nov 7	Th	03:00 PM-03:30 PM	8	\$72.50	LW4700-05
Sep 12-Nov 7	Th	05:15 PM-05:45 PM	8	\$72.50	LW4700-06
Sep 14-Nov 2	Sa	09:55 AM-10:25 AM	8	\$72.50	LW4700-07
Nov 19-Dec 19	Tu/Th	10:20 AM-10:50 AM	10	\$90.75	LW4702-01
Nov 19-Dec 19	Tu/Th	03:00 PM-03:30 PM	10	\$90.75	LW4702-02

Parent & Tot 2 (Ages 12-24 mos)

Sep 9-Nov 18	M	06:30 PM-07:00 PM	8	\$72.50	LW4705-01
Sep 10-Oct 29	Tu	09:10 AM-09:40 AM	8	\$72.50	LW4705-02
Sep 11-Oct 30	W	05:05 PM-05:35 PM	8	\$72.50	LW4705-03
Sep 12-Nov 7	Th	01:50 PM-02:20 PM	8	\$72.50	LW4705-04
Sep 13-Nov 1	F	04:30 PM-05:00 PM	8	\$72.50	LW4705-05
Sep 14-Nov 2	Sa	09:40 AM-10:10 AM	8	\$72.50	LW4705-06
Sep 14-Nov 2	Sa	12:20 PM-12:50 PM	8	\$72.50	LW4705-07
Sep 15-Nov 3	Su	06:05 PM-06:35 PM	8	\$72.50	LW4705-08
Nov 19-Dec 19	Tu/Th	01:50 PM-02:20 PM	10	\$90.75	LW4707-01
Nov 25-Dec 18	M/W	09:10 AM-09:40 AM	8	\$72.50	LW4705-09
Nov 25-Dec 18	M/W	06:30 PM-07:00 PM	8	\$72.50	LW4705-10

Parent & Tot 3 (Ages 24-36 mos)

Sep 9-Nov 18	M	04:35 PM-05:05 PM	8	\$72.50	LW4710-01
Sep 10-Oct 29	Tu	02:25 PM-02:55 PM	8	\$72.50	LW4710-02
Sep 11-Oct 30	W	05:55 PM-06:25 PM	8	\$72.50	LW4710-03
Sep 13-Nov 1	F	10:20 AM-10:50 AM	8	\$72.50	LW4710-04
Sep 14-Nov 2	Sa	10:50 AM-11:20 AM	8	\$72.50	LW4710-05
Sep 15-Nov 3	Su	05:30 PM-06:00 PM	8	\$72.50	LW4710-06
Nov 25-Dec 18	M/W	04:35 PM-05:05 PM	8	\$72.50	LW4710-07

Preschool 1 (Ages 3-5 yrs)

Sep 9-Nov 18	M	09:10 AM-09:40 AM	8	\$72.50	LW4715-01
Sep 9-Nov 18	M	04:30 PM-05:00 PM	8	\$72.50	LW4715-02
Sep 9-Nov 18	M	05:45 PM-06:15 PM	8	\$72.50	LW4715-03
Sep 10-Oct 29	Tu	09:45 AM-10:15 AM	8	\$72.50	LW4715-04
Sep 10-Oct 29	Tu	01:50 PM-02:20 PM	8	\$72.50	LW4715-05
Sep 10-Oct 29	Tu	05:25 PM-05:55 PM	8	\$72.50	LW4715-06
Sep 10-Oct 29	Tu	06:25 PM-06:55 PM	8	\$72.50	LW4715-07
Sep 10-Oct 29	Tu	07:20 PM-07:50 PM	8	\$72.50	LW4715-08
Sep 11-Oct 30	W	09:45 AM-10:15 AM	8	\$72.50	LW4715-09
Sep 11-Oct 30	W	04:40 PM-05:10 PM	8	\$72.50	LW4715-10
Sep 11-Oct 30	W	05:20 PM-05:50 PM	8	\$72.50	LW4715-11
Sep 11-Oct 30	W	05:45 PM-06:15 PM	8	\$72.50	LW4715-12
Sep 11-Oct 30	W	06:25 PM-06:55 PM	8	\$72.50	LW4715-13
Sep 11-Oct 30	W	06:50 PM-07:20 PM	8	\$72.50	LW4715-14
Sep 12-Nov 7	Th	09:10 AM-09:40 AM	8	\$72.50	LW4715-15
Sep 12-Nov 7	Th	02:25 PM-02:55 PM	8	\$72.50	LW4715-16
Sep 12-Nov 7	Th	05:05 PM-05:35 PM	8	\$72.50	LW4715-17
Sep 12-Nov 7	Th	05:50 PM-06:20 PM	8	\$72.50	LW4715-18
Sep 12-Nov 7	Th	06:45 PM-07:15 PM	8	\$72.50	LW4715-19
Sep 12-Nov 7	Th	07:05 PM-07:35 PM	8	\$72.50	LW4715-20
Sep 13-Nov 1	F	09:45 AM-10:15 AM	8	\$72.50	LW4715-21
Sep 13-Nov 1	F	05:05 PM-05:35 PM	8	\$72.50	LW4715-22
Sep 13-Nov 1	F	06:25 PM-06:55 PM	8	\$72.50	LW4715-23
Sep 14-Nov 2	Sa	09:35 AM-10:05 AM	8	\$72.50	LW4715-24
Sep 14-Nov 2	Sa	10:15 AM-10:45 AM	8	\$72.50	LW4715-25
Sep 14-Nov 2	Sa	11:45 AM-12:15 PM	8	\$72.50	LW4715-26
Sep 14-Nov 2	Sa	12:25 PM-12:55 PM	8	\$72.50	LW4715-27
Sep 15-Nov 3	Su	05:35 PM-06:05 PM	8	\$72.50	LW4715-28
Sep 15-Nov 3	Su	06:20 PM-06:50 PM	8	\$72.50	LW4715-29
Sep 15-Nov 3	Su	07:25 PM-07:55 PM	8	\$72.50	LW4715-30
Nov 19-Dec 19	Tu/Th	09:10 AM-09:40 AM	10	\$90.75	LW4717-01
Nov 19-Dec 19	Tu/Th	02:25 PM-02:55 PM	10	\$90.75	LW4717-02
Nov 19-Dec 19	Tu/Th	05:05 PM-05:35 PM	10	\$90.75	LW4717-03
Nov 19-Dec 19	Tu/Th	05:15 PM-05:45 PM	10	\$90.75	LW4717-04
Nov 19-Dec 19	Tu/Th	06:45 PM-07:15 PM	10	\$90.75	LW4717-05

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Nov 19-Dec 19	Tu/Th	07:05 PM-07:35 PM	10	\$90.75	LW4717-06	Preschool 4 (Ages 3-5 yrs)					
Nov 25-Dec 18	M/W	09:45 AM-10:15 AM	8	\$72.50	LW4715-31	Sep 10-Oct 29	Tu	05:25 PM-05:55 PM	8	\$72.50	LW4730-01
Nov 25-Dec 18	M/W	04:30 PM-05:00 PM	8	\$72.50	LW4715-32	Sep 11-Oct 30	W	05:40 PM-06:10 PM	8	\$72.50	LW4730-02
Nov 25-Dec 18	M/W	05:45 PM-06:15 PM	8	\$72.50	LW4715-33	Sep 12-Nov 7	Th	05:25 PM-05:55 PM	8	\$72.50	LW4730-03
Preschool 2 (Ages 3-5 yrs)						Sep 14-Nov 2	Sa	09:05 AM-09:35 AM	8	\$72.50	LW4730-04
Sep 9-Nov 18	M	09:45 AM-10:15 AM	8	\$72.50	LW4720-01	Sep 15-Nov 3	Su	06:05 PM-06:35 PM	8	\$72.50	LW4730-05
Sep 9-Nov 18	M	05:10 PM-05:40 PM	8	\$72.50	LW4720-02	Nov 19-Dec 19	Tu/Th	05:25 PM-05:55 PM	10	\$90.75	LW4732-01
Sep 9-Nov 18	M	06:30 PM-07:00 PM	8	\$72.50	LW4720-03	Preschool 5 (Ages 3-5 yrs)					
Sep 10-Oct 29	Tu	10:20 AM-10:50 AM	8	\$72.50	LW4720-04	Sep 14-Nov 2	Sa	11:50 AM-12:20 PM	8	\$72.50	LW4735-01
Sep 10-Oct 29	Tu	01:15 PM-01:45 PM	8	\$72.50	LW4720-05	Rookie Patrol (Ages 8+)					
Sep 10-Oct 29	Tu	04:45 PM-05:15 PM	8	\$72.50	LW4720-06	Sep 10-Oct 29	Tu	05:20 PM-06:20 PM	8	\$109.00	LW4770-01
Sep 10-Oct 29	Tu	05:40 PM-06:10 PM	8	\$72.50	LW4720-07	Sep 12-Nov 7	Th	05:50 PM-06:50 PM	8	\$109.00	LW4770-02
Sep 10-Oct 29	Tu	06:35 PM-07:05 PM	8	\$72.50	LW4720-08	Sep 14-Nov 2	Sa	09:10 AM-10:10 AM	8	\$109.00	LW4770-03
Sep 10-Oct 29	Tu	07:35 PM-08:05 PM	8	\$72.50	LW4720-09	Nov 19-Dec 19	Tu/Th	05:50 PM-06:50 PM	10	\$136.25	LW4772-01
Sep 11-Oct 30	W	09:10 AM-09:40 AM	8	\$72.50	LW4720-10	Ranger Patrol (Ages 8+)					
Sep 11-Oct 30	W	04:35 PM-05:05 PM	8	\$72.50	LW4720-11	Sep 9-Nov 18	M	04:30 PM-05:30 PM	8	\$109.00	LW4775-01
Sep 11-Oct 30	W	07:00 PM-07:30 PM	8	\$72.50	LW4720-12	Sep 11-Oct 30	W	07:05 PM-08:05 PM	8	\$109.00	LW4775-02
Sep 11-Oct 30	W	07:15 PM-07:45 PM	8	\$72.50	LW4720-13	Sep 14-Nov 2	Sa	11:50 AM-12:50 PM	8	\$109.00	LW4775-03
Sep 12-Nov 7	Th	09:45 AM-10:15 AM	8	\$72.50	LW4720-14	Nov 25-Dec 18	M/W	04:30 PM-05:30 PM	8	\$109.00	LW4775-04
Sep 12-Nov 7	Th	01:15 PM-01:45 PM	8	\$72.50	LW4720-15	Star Patrol (Ages 8+)					
Sep 12-Nov 7	Th	04:40 PM-05:10 PM	8	\$72.50	LW4720-16	Sep 10-Oct 29	Tu	07:00 PM-08:00 PM	8	\$109.00	LW4780-01
Sep 12-Nov 7	Th	05:15 PM-05:45 PM	8	\$72.50	LW4720-17	Sep 12-Nov 7	Th	05:50 PM-06:50 PM	8	\$109.00	LW4780-02
Sep 12-Nov 7	Th	06:00 PM-06:30 PM	8	\$72.50	LW4720-18	Sep 15-Nov 3	Su	06:10 PM-07:10 PM	8	\$109.00	LW4780-03
Sep 12-Nov 7	Th	07:30 PM-08:00 PM	8	\$72.50	LW4720-19	Nov 19-Dec 19	Tu/Th	05:40 PM-06:40 PM	10	\$136.25	LW4782-01
Sep 13-Nov 1	F	09:10 AM-09:40 AM	8	\$72.50	LW4720-20	Swimmer 1 (Ages 6+)					
Sep 13-Nov 1	F	05:10 PM-05:40 PM	8	\$72.50	LW4720-21	Sep 9-Nov 18	M	05:45 PM-06:15 PM	8	\$72.50	LW4740-01
Sep 13-Nov 1	F	05:50 PM-06:20 PM	8	\$72.50	LW4720-22	Sep 9-Nov 18	M	05:55 PM-06:25 PM	8	\$72.50	LW4740-02
Sep 14-Nov 2	Sa	11:10 AM-11:40 AM	8	\$72.50	LW4720-23	Sep 10-Oct 29	Tu	04:45 PM-05:15 PM	8	\$72.50	LW4740-03
Sep 14-Nov 2	Sa	12:10 PM-12:40 PM	8	\$72.50	LW4720-24	Sep 10-Oct 29	Tu	05:55 PM-06:25 PM	8	\$72.50	LW4740-04
Sep 15-Nov 3	Su	05:30 PM-06:00 PM	8	\$72.50	LW4720-25	Sep 10-Oct 29	Tu	06:45 PM-07:15 PM	8	\$72.50	LW4740-05
Sep 15-Nov 3	Su	07:25 PM-07:55 PM	8	\$72.50	LW4720-26	Sep 11-Oct 30	W	04:30 PM-05:00 PM	8	\$72.50	LW4740-06
Nov 19-Dec 19	Tu/Th	09:45 AM-10:15 AM	10	\$90.75	LW4722-01	Sep 11-Oct 30	W	05:10 PM-05:40 PM	8	\$72.50	LW4740-07
Nov 19-Dec 19	Tu/Th	01:15 PM-01:45 PM	10	\$90.75	LW4722-02	Sep 11-Oct 30	W	06:30 PM-07:00 PM	8	\$72.50	LW4740-08
Nov 19-Dec 19	Tu/Th	04:40 PM-05:10 PM	10	\$90.75	LW4722-03	Sep 12-Nov 7	Th	04:40 PM-05:10 PM	8	\$72.50	LW4740-09
Nov 19-Dec 19	Tu/Th	05:15 PM-05:45 PM	10	\$90.75	LW4722-04	Sep 12-Nov 7	Th	06:45 PM-07:15 PM	8	\$72.50	LW4740-10
Nov 19-Dec 19	Tu/Th	06:00 PM-06:30 PM	10	\$90.75	LW4722-05	Sep 13-Nov 1	F	05:45 PM-06:15 PM	8	\$72.50	LW4740-11
Nov 19-Dec 19	Tu/Th	06:55 PM-07:25 PM	10	\$90.75	LW4722-06	Sep 14-Nov 2	Sa	09:35 AM-10:05 AM	8	\$72.50	LW4740-12
Nov 25-Dec 18	M/W	10:20 AM-10:50 AM	8	\$72.50	LW4720-27	Sep 14-Nov 2	Sa	11:35 AM-12:05 PM	8	\$72.50	LW4740-13
Nov 25-Dec 18	M/W	05:10 PM-05:40 PM	8	\$72.50	LW4720-28	Sep 14-Nov 2	Sa	11:45 AM-12:15 PM	8	\$72.50	LW4740-14
Nov 25-Dec 18	M/W	06:30 PM-07:00 PM	8	\$72.50	LW4720-29	Sep 15-Nov 3	Su	07:25 PM-07:55 PM	8	\$72.50	LW4740-15
Preschool 3 (Ages 3-5 yrs)						Sep 15-Nov 3	Su	08:00 PM-08:30 PM	8	\$72.50	LW4740-16
Sep 9-Nov 18	M	04:35 PM-05:05 PM	8	\$72.50	LW4725-01	Nov 19-Dec 19	Tu/Th	04:40 PM-05:10 PM	10	\$90.75	LW4742-01
Sep 9-Nov 18	M	05:35 PM-06:05 PM	8	\$72.50	LW4725-02	Nov 19-Dec 19	Tu/Th	07:30 PM-08:00 PM	10	\$90.75	LW4742-02
Sep 9-Nov 18	M	06:20 PM-06:50 PM	8	\$72.50	LW4725-03	Nov 25-Dec 18	M/W	05:05 PM-05:35 PM	8	\$72.50	LW4740-17
Sep 10-Oct 29	Tu	04:30 PM-05:00 PM	8	\$72.50	LW4725-04	Nov 25-Dec 18	M/W	05:45 PM-06:15 PM	8	\$72.50	LW4740-18
Sep 10-Oct 29	Tu	06:35 PM-07:05 PM	8	\$72.50	LW4725-05	Nov 25-Dec 18	M/W	05:55 PM-06:25 PM	8	\$72.50	LW4740-19
Sep 11-Oct 30	W	04:40 PM-05:10 PM	8	\$72.50	LW4725-06	Swimmer 2 (Ages 6+)					
Sep 11-Oct 30	W	07:40 PM-08:10 PM	8	\$72.50	LW4725-07	Sep 9-Nov 18	M	05:10 PM-05:40 PM	8	\$72.50	LW4745-01
Sep 12-Nov 7	Th	06:00 PM-06:30 PM	8	\$72.50	LW4725-08	Sep 9-Nov 18	M	05:20 PM-05:50 PM	8	\$72.50	LW4745-02
Sep 12-Nov 7	Th	07:20 PM-07:50 PM	8	\$72.50	LW4725-09	Sep 9-Nov 18	M	06:20 PM-06:50 PM	8	\$72.50	LW4745-03
Sep 13-Nov 1	F	04:40 PM-05:10 PM	8	\$72.50	LW4725-10	Sep 10-Oct 29	Tu	05:05 PM-05:35 PM	8	\$72.50	LW4745-04
Sep 13-Nov 1	F	06:20 PM-06:50 PM	8	\$72.50	LW4725-11	Sep 10-Oct 29	Tu	07:00 PM-07:30 PM	8	\$72.50	LW4745-05
Sep 14-Nov 2	Sa	09:00 AM-09:30 AM	8	\$72.50	LW4725-12	Sep 10-Oct 29	Tu	07:20 PM-07:50 PM	8	\$72.50	LW4745-06
Sep 14-Nov 2	Sa	10:30 AM-11:00 AM	8	\$72.50	LW4725-13	Sep 11-Oct 30	W	06:40 PM-07:10 PM	8	\$72.50	LW4745-07
Sep 15-Nov 3	Su	06:10 PM-06:40 PM	8	\$72.50	LW4725-14	Sep 11-Oct 30	W	07:05 PM-07:35 PM	8	\$72.50	LW4745-08
Sep 15-Nov 3	Su	06:40 PM-07:10 PM	8	\$72.50	LW4725-15	Sep 12-Nov 7	Th	04:30 PM-05:00 PM	8	\$72.50	LW4745-09
Nov 19-Dec 19	Tu/Th	06:00 PM-06:30 PM	10	\$90.75	LW4727-01	Sep 12-Nov 7	Th	06:35 PM-07:05 PM	8	\$72.50	LW4745-10
Nov 19-Dec 19	Tu/Th	07:20 PM-07:50 PM	10	\$90.75	LW4727-02	Sep 12-Nov 7	Th	07:40 PM-08:10 PM	8	\$72.50	LW4745-11
Nov 25-Dec 18	M/W	04:35 PM-05:05 PM	8	\$72.50	LW4725-16	Sep 13-Nov 1	F	04:35 PM-05:05 PM	8	\$72.50	LW4745-12
Nov 25-Dec 18	M/W	05:35 PM-06:05 PM	8	\$72.50	LW4725-17	Sep 13-Nov 1	F	06:30 PM-07:00 PM	8	\$72.50	LW4745-13
Nov 25-Dec 18	M/W	06:20 PM-06:50 PM	8	\$72.50	LW4725-18	Sep 14-Nov 2	Sa	10:15 AM-10:45 AM	8	\$72.50	LW4745-14

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Sep 14-Nov 2	Sa	11:10 AM-11:40 AM	8	\$72.50	LW4745-15	Nov 19-Dec 19	Tu/Th	04:30 PM-05:00 PM	10	\$90.75	LW4752-01
Sep 15-Nov 3	Su	07:55 PM-08:25 PM	8	\$72.50	LW4745-16	Nov 19-Dec 19	Tu/Th	06:45 PM-07:15 PM	10	\$90.75	LW4752-02
Nov 19-Dec 19	Tu/Th	05:25 PM-05:55 PM	10	\$90.75	LW4747-01	Nov 25-Dec 18	M/W	06:10 PM-06:40 PM	8	\$72.50	LW4750-13
Nov 19-Dec 19	Tu/Th	05:50 PM-06:20 PM	10	\$90.75	LW4747-02	Swimmer 4 (Ages 6+)					
Nov 19-Dec 19	Tu/Th	07:40 PM-08:10 PM	10	\$90.75	LW4747-03	Sep 9-Nov 18	M	06:10 PM-06:55 PM	8	\$95.25	LW4755-01
Nov 25-Dec 18	M/W	05:10 PM-05:40 PM	8	\$72.50	LW4745-17	Sep 10-Oct 29	Tu	06:00 PM-06:45 PM	8	\$95.25	LW4755-02
Nov 25-Dec 18	M/W	05:20 PM-05:50 PM	8	\$72.50	LW4745-18	Sep 10-Oct 29	Tu	07:10 PM-07:55 PM	8	\$95.25	LW4755-03
Nov 25-Dec 18	M/W	06:20 PM-06:50 PM	8	\$72.50	LW4745-19	Sep 11-Oct 30	W	04:30 PM-05:15 PM	8	\$95.25	LW4755-04
Swimmer 3 (Ages 6+)						Sep 11-Oct 30	W	06:05 PM-06:50 PM	8	\$95.25	LW4755-05
Sep 9-Nov 18	M	05:05 PM-05:35 PM	8	\$72.50	LW4750-01	Sep 11-Oct 30	W	07:25 PM-08:10 PM	8	\$95.25	LW4755-06
Sep 10-Oct 29	Tu	05:20 PM-05:50 PM	8	\$72.50	LW4750-02	Sep 12-Nov 7	Th	07:20 PM-08:05 PM	8	\$95.25	LW4755-07
Sep 10-Oct 29	Tu	06:00 PM-06:30 PM	8	\$72.50	LW4750-03	Sep 13-Nov 1	F	04:30 PM-05:15 PM	8	\$95.25	LW4755-08
Sep 11-Oct 30	W	06:05 PM-06:35 PM	8	\$72.50	LW4750-04	Sep 13-Nov 1	F	05:40 PM-06:25 PM	8	\$95.25	LW4755-09
Sep 11-Oct 30	W	07:35 PM-08:05 PM	8	\$72.50	LW4750-05	Sep 14-Nov 2	Sa	09:05 AM-09:50 AM	8	\$95.25	LW4755-10
Sep 12-Nov 7	Th	05:25 PM-05:55 PM	8	\$72.50	LW4750-06	Sep 14-Nov 2	Sa	11:00 AM-11:45 AM	8	\$95.25	LW4755-11
Sep 12-Nov 7	Th	06:55 PM-07:25 PM	8	\$72.50	LW4750-07	Sep 15-Nov 3	Su	05:30 PM-06:15 PM	8	\$95.25	LW4755-12
Sep 13-Nov 1	F	05:15 PM-05:45 PM	8	\$72.50	LW4750-08	Sep 15-Nov 3	Su	06:55 PM-07:40 PM	8	\$95.25	LW4755-13
Sep 14-Nov 2	Sa	11:15 AM-11:45 AM	8	\$72.50	LW4750-09	Nov 19-Dec 19	Tu/Th	06:35 PM-07:20 PM	10	\$119.00	LW4757-01
Sep 14-Nov 2	Sa	12:20 PM-12:50 PM	8	\$72.50	LW4750-10	Nov 19-Dec 19	Tu/Th	07:20 PM-08:05 PM	10	\$119.00	LW4757-02
Sep 15-Nov 3	Su	05:35 PM-06:05 PM	8	\$72.50	LW4750-11						
Sep 15-Nov 3	Su	06:40 PM-07:10 PM	8	\$72.50	LW4750-12						

New! 5-Day Lesson Sets

5-day lesson sets are available at Lakewood Civic Centre this fall. These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water.

Parent & Tot 1 (Ages 4-12 mos)

Nov 8-Dec 13	F	05:15 PM-05:45 PM	5	\$51.00	LW4913-01
Nov 9-Dec 14	Sa	10:15 AM-10:45 AM	5	\$51.00	LW4913-02
Nov 10-Dec 15	Su	06:40 PM-07:10 PM	5	\$51.00	LW4913-03

Parent & Tot 2 (Ages 12-24 mos)

Nov 8-Dec 13	F	04:30 PM-05:00 PM	5	\$51.00	LW4914-01
Nov 9-Dec 14	Sa	09:40 AM-10:10 AM	5	\$51.00	LW4914-02
Nov 10-Dec 15	Su	06:05 PM-06:35 PM	5	\$51.00	LW4914-03

Parent & Tot 3 (Ages 24-36 mos)

Nov 8-Dec 13	F	10:20 AM-10:50 AM	5	\$51.00	LW4915-01
Nov 8-Dec 13	F	05:40 PM-06:10 PM	5	\$51.00	LW4915-02
Nov 9-Dec 14	Sa	12:05 PM-12:35 PM	5	\$51.00	LW4915-03
Nov 10-Dec 15	Su	05:30 PM-06:00 PM	5	\$51.00	LW4915-04

Preschool 1 (Ages 3-5 yrs)

Nov 8-Dec 13	F	09:45 AM-10:15 AM	5	\$51.00	LW4916-01
Nov 8-Dec 13	F	04:40 PM-05:10 PM	5	\$51.00	LW4916-02
Nov 8-Dec 13	F	05:05 PM-05:35 PM	5	\$51.00	LW4916-03
Nov 9-Dec 14	Sa	10:15 AM-10:45 AM	5	\$51.00	LW4916-04
Nov 9-Dec 14	Sa	11:00 AM-11:30 AM	5	\$51.00	LW4916-05
Nov 9-Dec 14	Sa	11:30 AM-12:00 PM	5	\$51.00	LW4916-06
Nov 10-Dec 15	Su	05:30 PM-06:00 PM	5	\$51.00	LW4916-07
Nov 10-Dec 15	Su	07:25 PM-07:55 PM	5	\$51.00	LW4916-08

Preschool 2 (Ages 3-5 yrs)

Nov 8-Dec 13	F	09:10 AM-09:40 AM	5	\$51.00	LW4917-01
Nov 8-Dec 13	F	05:05 PM-05:35 PM	5	\$51.00	LW4917-02
Nov 8-Dec 13	F	05:40 PM-06:10 PM	5	\$51.00	LW4917-03
Nov 8-Dec 13	F	05:50 PM-06:20 PM	5	\$51.00	LW4917-04
Nov 9-Dec 14	Sa	09:05 AM-09:35 AM	5	\$51.00	LW4917-05
Nov 9-Dec 14	Sa	11:35 AM-12:05 PM	5	\$51.00	LW4917-06
Nov 10-Dec 15	Su	05:30 PM-06:00 PM	5	\$51.00	LW4917-07



Preschool 3 (Ages 3-5 yrs)

Nov 8-Dec 13	F	05:50 PM-06:20 PM	5	\$51.00	LW4918-01
Nov 9-Dec 14	Sa	09:00 AM-09:30 AM	5	\$51.00	LW4918-02
Nov 9-Dec 14	Sa	11:00 AM-11:30 AM	5	\$51.00	LW4918-03
Nov 10-Dec 15	Su	06:05 PM-06:35 PM	5	\$51.00	LW4918-04
Nov 10-Dec 15	Su	06:40 PM-07:10 PM	5	\$51.00	LW4918-05

Preschool 4 (Ages 3-5 yrs)

Nov 9-Dec 14	Sa	09:05 AM-09:35 AM	5	\$51.00	LW4919-01
Nov 10-Dec 15	Su	06:05 PM-06:35 PM	5	\$51.00	LW4919-02

Preschool 5 (Ages 3-5 yrs)

Nov 9-Dec 14	Sa	11:35 AM-12:05 PM	5	\$51.00	LW4920-01
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Swimmer 1 (Ages 6+)

Nov 8-Dec 13	F	04:40 PM-05:10 PM	5	\$51.00	LW4921-01
Nov 8-Dec 13	F	05:15 PM-05:45 PM	5	\$51.00	LW4921-02
Nov 9-Dec 14	Sa	09:35 AM-10:05 AM	5	\$51.00	LW4921-03
Nov 10-Dec 15	Su	07:25 PM-07:55 PM	5	\$51.00	LW4921-04

Swimmer 2 (Ages 6+)

Nov 8-Dec 13	F	04:30 PM-05:00 PM	5	\$51.00	LW4922-01
Nov 8-Dec 13	F	06:25 PM-06:55 PM	5	\$51.00	LW4922-02
Nov 9-Dec 14	Sa	09:40 AM-10:20 AM	5	\$51.00	LW4922-03
Nov 9-Dec 14	Sa	10:55 AM-11:25 AM	5	\$51.00	LW4922-04
Nov 10-Dec 15	Su	07:25 PM-07:55 PM	5	\$51.00	LW4922-05

Swimmer 3 (Ages 6+)

Nov 9-Dec 14	Sa	10:10 AM-10:40 AM	5	\$51.00	LW4923-01
Nov 10-Dec 15	Su	06:40 PM-07:10 PM	5	\$51.00	LW4923-02

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Swimmer 5 (Ages 6+)						Sep 7-Nov 9	Sa	10:00 AM-10:30 AM	10	\$90.75	LC4717-05
Sep 9-Nov 18	M	04:30 PM-05:15 PM	8	\$95.25	LW4760-01	Sep 7-Nov 9	Sa	10:35 AM-11:05 AM	10	\$90.75	LC4717-06
Sep 10-Oct 29	Tu	04:35 PM-05:20 PM	8	\$95.25	LW4760-02	Sep 7-Nov 9	Sa	12:00 PM-12:30 PM	10	\$90.75	LC4717-07
Sep 11-Oct 30	W	05:15 PM-06:00 PM	8	\$95.25	LW4760-03	Sep 8-Nov 17	Su	06:05 PM-06:35 PM	8	\$72.50	LC4715-01
Sep 12-Nov 7	Th	04:35 PM-05:20 PM	8	\$95.25	LW4760-04	Sep 8-Nov 17	Su	06:20 PM-06:50 PM	8	\$72.50	LC4715-02
Sep 13-Nov 1	F	05:20 PM-06:05 PM	8	\$95.25	LW4760-05	Sep 9-Oct 7	M/W	10:10 AM-10:40 AM	8	\$72.50	LC4715-03
Sep 14-Nov 2	Sa	10:10 AM-10:55 AM	8	\$95.25	LW4760-06	Sep 9-Oct 7	M/W	04:35 PM-05:05 PM	8	\$72.50	LC4715-04
Sep 15-Nov 3	Su	07:05 PM-07:50 PM	8	\$95.25	LW4760-07	Sep 9-Oct 7	M/W	05:05 PM-05:35 PM	8	\$72.50	LC4715-05
Nov 19-Dec 19	Tu/Th	04:35 PM-05:20 PM	10	\$119.00	LW4762-01	Sep 9-Oct 7	M/W	05:45 PM-06:15 PM	8	\$72.50	LC4715-06
Nov 19-Dec 19	Tu/Th	07:25 PM-08:10 PM	10	\$119.00	LW4762-02	Sep 9-Oct 7	M/W	06:30 PM-07:00 PM	8	\$72.50	LC4715-07
Nov 25-Dec 18	M/W	04:30 PM-05:15 PM	8	\$95.25	LW4760-08	Sep 9-Oct 7	M/W	06:50 PM-07:20 PM	8	\$72.50	LC4715-08
Swimmer 6 (Ages 6+)						Sep 10-Oct 3	Tu/Th	10:35 AM-11:05 AM	8	\$72.50	LC4715-09
Sep 9-Nov 18	M	05:40 PM-06:25 PM	8	\$95.25	LW4765-01	Sep 10-Oct 3	Tu/Th	04:35 PM-05:05 PM	8	\$72.50	LC4715-10
Sep 10-Oct 29	Tu	04:35 PM-05:20 PM	8	\$95.25	LW4765-02	Sep 10-Oct 3	Tu/Th	05:20 PM-05:50 PM	8	\$72.50	LC4715-11
Sep 11-Oct 30	W	05:15 PM-06:00 PM	8	\$95.25	LW4765-03	Sep 10-Oct 3	Tu/Th	05:55 PM-06:25 PM	8	\$72.50	LC4715-12
Sep 12-Nov 7	Th	04:35 PM-05:20 PM	8	\$95.25	LW4765-04	Oct 8-Nov 26	Tu	10:35 AM-11:05 AM	8	\$72.50	LC4715-13
Sep 13-Nov 1	F	06:10 PM-06:55 PM	8	\$95.25	LW4765-05	Oct 8-Nov 26	Tu	04:30 PM-05:00 PM	8	\$72.50	LC4715-14
Sep 14-Nov 2	Sa	10:10 AM-10:55 AM	8	\$95.25	LW4765-06	Oct 8-Nov 26	Tu	05:05 PM-05:35 PM	8	\$72.50	LC4715-15
Nov 19-Dec 19	Tu/Th	04:35 PM-05:20 PM	10	\$119.00	LW4767-01	Oct 8-Nov 26	Tu	05:40 PM-06:10 PM	8	\$72.50	LC4715-16
Nov 25-Dec 18	M/W	05:40 PM-06:25 PM	8	\$95.25	LW4765-07	Oct 8-Nov 26	Tu	06:20 PM-06:50 PM	8	\$72.50	LC4715-17
LAWSON CIVIC CENTRE 225 Primrose Drive						Oct 9-Nov 27	W	11:20 AM-11:50 AM	8	\$72.50	LC4715-18
<i>Classes cancelled on Sep 30; Oct 14; Nov 11.</i>						Oct 10-Nov 28	Th	10:40 AM-11:10 AM	8	\$72.50	LC4715-19
Parent & Tot 1 (Ages 4-12 mos)						Oct 10-Nov 28	Th	04:35 PM-05:05 PM	8	\$72.50	LC4715-20
Sep 6-Nov 8	F	10:45 AM-11:15 AM	10	\$90.75	LC4702-01	Oct 10-Nov 28	Th	05:05 PM-05:35 PM	8	\$72.50	LC4715-21
Sep 9-Oct 7	M/W	10:05 AM-10:35 AM	8	\$72.50	LC4700-01	Oct 10-Nov 28	Th	06:00 PM-06:30 PM	8	\$72.50	LC4715-22
Sep 9-Oct 7	M/W	05:05 PM-05:35 PM	8	\$72.50	LC4700-02	Oct 10-Nov 28	Th	06:30 PM-07:00 PM	8	\$72.50	LC4715-23
Oct 8-Nov 26	Tu	06:15 PM-06:45 PM	8	\$72.50	LC4700-03	Oct 21-Dec 16	M	10:10 AM-10:40 AM	8	\$72.50	LC4715-24
Oct 9-Nov 27	W	09:35 AM-10:05 AM	8	\$72.50	LC4700-04	Oct 21-Dec 16	M	12:25 PM-12:55 PM	8	\$72.50	LC4715-25
Oct 10-Nov 28	Th	10:05 AM-10:35 AM	8	\$72.50	LC4700-05	Oct 21-Dec 16	M	04:35 PM-05:05 PM	8	\$72.50	LC4715-26
Oct 10-Nov 28	Th	04:30 PM-05:00 PM	8	\$72.50	LC4700-06	Oct 21-Dec 16	M	05:05 PM-05:35 PM	8	\$72.50	LC4715-27
Oct 21-Dec 16	M	11:15 AM-11:45 AM	8	\$72.50	LC4700-07	Oct 21-Dec 16	M	05:45 PM-06:15 PM	8	\$72.50	LC4715-28
Parent & Tot 2 (Ages 12-24 mos)						Oct 21-Dec 16	M	05:55 PM-06:25 PM	8	\$72.50	LC4715-29
Sep 7-Nov 9	Sa	10:05 AM-10:35 AM	10	\$90.75	LC4707-01	Oct 21-Dec 16	M	06:30 PM-07:00 PM	8	\$72.50	LC4715-30
Sep 10-Oct 3	Tu/Th	11:20 AM-11:50 AM	8	\$72.50	LC4705-01	Dec 3-19	Tu-Th	05:15 PM-05:45 PM	9	\$81.50	LC4716-01
Oct 8-Nov 26	Tu	05:40 PM-06:10 PM	8	\$72.50	LC4705-02	Dec 3-19	Tu-Th	06:25 PM-06:55 PM	9	\$81.50	LC4716-02
Oct 9-Nov 27	W	10:10 AM-10:40 AM	8	\$72.50	LC4705-03	Preschool 1/2 (Ages 3-5 yrs)					
Oct 10-Nov 28	Th	06:35 PM-07:05 PM	8	\$72.50	LC4705-04	Sep 6-Nov 8	F	11:15 AM-11:45 AM	10	\$90.75	LC4927-01
Oct 21-Dec 16	M	05:05 PM-05:35 PM	8	\$72.50	LC4705-05	Oct 21-Dec 16	M	10:45 AM-11:15 AM	8	\$72.50	LC4929-01
Parent & Tot 2/3 (Ages 12-36 mos)						Preschool 2 (Ages 3-5 yrs)					
Sep 6-Nov 8	F	04:30 PM-05:00 PM	10	\$90.75	LC4924-01	Sep 6-Nov 8	F	09:35 AM-10:05 AM	10	\$90.75	LC4722-01
Sep 9-Oct 7	M/W	10:45 AM-11:15 AM	8	\$72.50	LC4926-01	Sep 6-Nov 8	F	05:05 PM-05:35 PM	10	\$90.75	LC4722-02
Sep 9-Oct 7	M/W	04:35 PM-05:05 PM	8	\$72.50	LC4926-02	Sep 6-Nov 8	F	05:55 PM-06:25 PM	10	\$90.75	LC4722-03
Oct 10-Nov 28	Th	11:15 AM-11:45 AM	8	\$72.50	LC4926-03	Sep 6-Nov 8	F	06:20 PM-06:50 PM	10	\$90.75	LC4722-04
Oct 21-Dec 16	M	11:55 AM-12:25 PM	8	\$72.50	LC4926-04	Sep 7-Nov 9	Sa	10:00 AM-10:30 AM	10	\$90.75	LC4722-05
Parent & Tot 3 (Ages 24-36 mos)						Sep 7-Nov 9	Sa	10:50 AM-11:20 AM	10	\$90.75	LC4722-06
Sep 6-Nov 8	F	10:05 AM-10:35 AM	10	\$90.75	LC4712-01	Sep 7-Nov 9	Sa	11:10 AM-11:40 AM	10	\$90.75	LC4722-07
Sep 7-Nov 9	Sa	11:25 AM-11:55 AM	10	\$90.75	LC4712-02	Sep 7-Nov 9	Sa	11:45 AM-12:15 PM	10	\$90.75	LC4722-08
Sep 10-Oct 3	Tu/Th	10:00 AM-10:30 AM	8	\$72.50	LC4710-01	Sep 8-Nov 17	Su	05:45 PM-06:15 PM	8	\$72.50	LC4720-01
Sep 10-Oct 3	Tu/Th	06:30 PM-07:00 PM	8	\$72.50	LC4710-02	Sep 8-Nov 17	Su	06:40 PM-07:10 PM	8	\$72.50	LC4720-02
Oct 8-Nov 26	Tu	10:00 AM-10:30 AM	8	\$72.50	LC4710-03	Sep 9-Oct 7	M/W	09:35 AM-10:05 AM	8	\$72.50	LC4720-03
Oct 9-Nov 27	W	10:40 AM-11:10 AM	8	\$72.50	LC4710-04	Sep 9-Oct 7	M/W	04:30 PM-05:00 PM	8	\$72.50	LC4720-04
Oct 21-Dec 16	M	04:35 PM-05:05 PM	8	\$72.50	LC4710-05	Sep 9-Oct 7	M/W	05:20 PM-05:50 PM	8	\$72.50	LC4720-05
Preschool 1 (Ages 3-5 yrs)						Sep 9-Oct 7	M/W	06:15 PM-06:45 PM	8	\$72.50	LC4720-06
Sep 6-Nov 8	F	10:10 AM-10:40 AM	10	\$90.75	LC4717-01	Sep 10-Oct 3	Tu/Th	10:10 AM-10:40 AM	8	\$72.50	LC4720-07
Sep 6-Nov 8	F	04:30 PM-05:00 PM	10	\$90.75	LC4717-02	Sep 10-Oct 3	Tu/Th	05:05 PM-05:35 PM	8	\$72.50	LC4720-08
Sep 6-Nov 8	F	05:40 PM-06:10 PM	10	\$90.75	LC4717-03	Sep 10-Oct 3	Tu/Th	05:45 PM-06:15 PM	8	\$72.50	LC4720-09
Sep 6-Nov 8	F	06:15 PM-06:45 PM	10	\$90.75	LC4717-04	Sep 10-Oct 3	Tu/Th	06:20 PM-06:50 PM	8	\$72.50	LC4720-10
						Oct 8-Nov 26	Tu	10:10 AM-10:40 AM	8	\$72.50	LC4720-11
						Oct 8-Nov 26	Tu	04:30 PM-05:00 PM	8	\$72.50	LC4720-12
						Oct 8-Nov 26	Tu	05:05 PM-05:35 PM	8	\$72.50	LC4720-13
						Oct 8-Nov 26	Tu	05:55 PM-06:25 PM	8	\$72.50	LC4720-14
						Oct 8-Nov 26	Tu	06:50 PM-07:20 PM	8	\$72.50	LC4720-15
						Oct 9-Nov 27	W	10:05 AM-10:35 AM	8	\$72.50	LC4720-16

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code
Oct 10-Nov 28	Th	10:05 AM-10:35 AM	8	\$72.50	LC4720-17
Oct 10-Nov 28	Th	05:10 PM-05:40 PM	8	\$72.50	LC4720-18
Oct 10-Nov 28	Th	05:40 PM-06:10 PM	8	\$72.50	LC4720-19
Oct 21-Dec 16	M	09:35 AM-10:05 AM	8	\$72.50	LC4720-20
Oct 21-Dec 16	M	10:05 AM-10:35 AM	8	\$72.50	LC4720-21
Oct 21-Dec 16	M	04:30 PM-05:00 PM	8	\$72.50	LC4720-22
Oct 21-Dec 16	M	05:20 PM-05:50 PM	8	\$72.50	LC4720-23
Oct 21-Dec 16	M	06:15 PM-06:45 PM	8	\$72.50	LC4720-24
Dec 3-19	Tu-Th	05:50 PM-06:20 PM	9	\$81.50	LC4721-01

Preschool 3 (Ages 3-5 yrs)

Sep 6-Nov 8	F	10:40 AM-11:10 AM	10	\$90.75	LC4727-01
Sep 7-Nov 9	Sa	10:35 AM-11:05 AM	10	\$90.75	LC4727-02
Sep 8-Nov 17	Su	05:30 PM-06:00 PM	8	\$72.50	LC4725-01
Sep 8-Nov 17	Su	06:55 PM-07:25 PM	8	\$72.50	LC4725-02
Sep 9-Oct 7	M/W	11:20 AM-11:50 AM	8	\$72.50	LC4725-03
Sep 10-Oct 3	Tu/Th	10:45 AM-11:15 AM	8	\$72.50	LC4725-04
Sep 10-Oct 3	Tu/Th	04:30 PM-05:00 PM	8	\$72.50	LC4725-05
Sep 10-Oct 3	Tu/Th	05:55 PM-06:25 PM	8	\$72.50	LC4725-06
Oct 8-Nov 26	Tu	10:45 AM-11:15 AM	8	\$72.50	LC4725-07

Not sure what swim level would suit your child?

Refer to page 16-18 for lesson level descriptions.

Oct 9-Nov 27	W	11:15 AM-11:45 AM	8	\$72.50	LC4725-08
Oct 10-Nov 28	Th	05:10 PM-05:40 PM	8	\$72.50	LC4725-09
Oct 21-Dec 16	M	11:50 AM-12:20 PM	8	\$72.50	LC4725-10
Oct 21-Dec 16	M	05:40 PM-06:10 PM	8	\$72.50	LC4725-11

Preschool 4 (Ages 3-5 yrs)

Sep 7-Nov 9	Sa	11:45 AM-12:15 PM	10	\$90.75	LC4732-01
Sep 8-Nov 17	Su	07:30 PM-08:00 PM	8	\$72.50	LC4730-01
Sep 9-Oct 7	M/W	05:40 PM-06:10 PM	8	\$72.50	LC4730-02
Sep 10-Oct 3	Tu/Th	06:55 PM-07:25 PM	8	\$72.50	LC4730-03
Oct 8-Nov 26	Tu	04:35 PM-05:05 PM	8	\$72.50	LC4730-04
Oct 9-Nov 27	W	11:50 AM-12:20 PM	8	\$72.50	LC4730-05
Oct 21-Dec 16	M	10:40 AM-11:10 AM	8	\$72.50	LC4730-06

Preschool 4/5 (Ages 3-5 yrs)

Sep 6-Nov 8	F	11:20 AM-11:50 AM	10	\$90.75	LC4930-01
Sep 9-Oct 7	M/W	10:40 AM-11:10 AM	8	\$72.50	LC4932-01
Sep 10-Oct 3	Tu/Th	11:10 AM-11:40 AM	8	\$72.50	LC4932-02
Oct 10-Nov 28	Th	10:40 AM-11:10 AM	8	\$72.50	LC4932-03

Preschool 5 (Ages 3-5 yrs)

Sep 6-Nov 8	F	04:30 PM-05:00 PM	10	\$90.75	LC4737-01
Sep 7-Nov 9	Sa	12:20 PM-12:50 PM	10	\$90.75	LC4737-02
Sep 9-Oct 7	M/W	06:50 PM-07:20 PM	8	\$72.50	LC4735-01
Oct 8-Nov 26	Tu	05:05 PM-05:35 PM	8	\$72.50	LC4735-02
Oct 10-Nov 28	Th	06:20 PM-06:50 PM	8	\$72.50	LC4735-03
Oct 21-Dec 16	M	06:50 PM-07:20 PM	8	\$72.50	LC4735-04

Swimmer 1 (Ages 6+)

Sep 6-Nov 8	F	05:05 PM-05:35 PM	10	\$90.75	LC4742-01
Sep 6-Nov 8	F	05:45 PM-06:15 PM	10	\$90.75	LC4742-02
Sep 6-Nov 8	F	06:30 PM-07:00 PM	10	\$90.75	LC4742-03
Sep 7-Nov 9	Sa	10:00 AM-10:30 AM	10	\$90.75	LC4742-04
Sep 7-Nov 9	Sa	10:35 AM-11:05 AM	10	\$90.75	LC4742-05
Sep 7-Nov 9	Sa	11:30 AM-12:00 PM	10	\$90.75	LC4742-06
Sep 7-Nov 9	Sa	12:20 PM-12:50 PM	10	\$90.75	LC4742-07
Sep 8-Nov 17	Su	05:10 PM-05:40 PM	8	\$72.50	LC4740-01
Sep 9-Oct 7	M/W	11:15 AM-11:45 AM	8	\$72.50	LC4740-02
Sep 9-Oct 7	M/W	04:30 PM-05:00 PM	8	\$72.50	LC4740-03
Sep 9-Oct 7	M/W	05:45 PM-06:15 PM	8	\$72.50	LC4740-04
Sep 9-Oct 7	M/W	05:55 PM-06:25 PM	8	\$72.50	LC4740-05
Sep 9-Oct 7	M/W	06:20 PM-06:50 PM	8	\$72.50	LC4740-06
Sep 10-Oct 3	Tu/Th	04:30 PM-05:00 PM	8	\$72.50	LC4740-07
Sep 10-Oct 3	Tu/Th	05:10 PM-05:40 PM	8	\$72.50	LC4740-08
Sep 10-Oct 3	Tu/Th	07:05 PM-07:35 PM	8	\$72.50	LC4740-09
Oct 8-Nov 26	Tu	04:30 PM-05:00 PM	8	\$72.50	LC4740-10
Oct 8-Nov 26	Tu	05:40 PM-06:10 PM	8	\$72.50	LC4740-11
Oct 8-Nov 26	Tu	06:50 PM-07:20 PM	8	\$72.50	LC4740-12
Oct 9-Nov 27	W	10:45 AM-11:15 AM	8	\$72.50	LC4740-13
Oct 10-Nov 28	Th	11:15 AM-11:45 AM	8	\$72.50	LC4740-14
Oct 10-Nov 28	Th	04:30 PM-05:00 PM	8	\$72.50	LC4740-15
Oct 10-Nov 28	Th	05:25 PM-05:55 PM	8	\$72.50	LC4740-16
Oct 10-Nov 28	Th	05:45 PM-06:15 PM	8	\$72.50	LC4740-17
Oct 10-Nov 28	Th	06:20 PM-06:50 PM	8	\$72.50	LC4740-18
Oct 21-Dec 16	M	11:20 AM-11:50 AM	8	\$72.50	LC4740-19
Oct 21-Dec 16	M	04:30 PM-05:00 PM	8	\$72.50	LC4740-20
Oct 21-Dec 16	M	05:45 PM-06:15 PM	8	\$72.50	LC4740-21
Oct 21-Dec 16	M	06:20 PM-06:50 PM	8	\$72.50	LC4740-22



Multi-Level Swim Lessons for Families

(Formerly known as Block Lessons)

Designed for families with more than one child seeking Life Saving Society swim lessons; this option accommodates multiple swim levels within a single class. Registrants can choose their preferred time slot by phone. Simply inform us of your children's swim levels, and we'll ensure they receive instruction at the same time. Available at Lawson Civic Centre. Registrations are accepted by phone only beginning Monday, August 19. Call 306-975-7873 to register.

Preschool 1 - Swimmer 3

Oct 9-Nov 27	W	04:35 PM-05:05 PM	8	\$72.50	LC4513-01
Oct 9-Nov 27	W	05:10 PM-05:40 PM	8	\$72.50	LC4513-02
Oct 9-Nov 27	W	05:50 PM-06:20 PM	8	\$72.50	LC4513-03
Oct 9-Nov 27	W	06:25 PM-06:55 PM	8	\$72.50	LC4513-04


Swimmer 4 - 5

Oct 9-Nov 27	W	05:50 PM-06:35 PM	8	\$95.25	LC4516-01
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LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Swimmer 2 (Ages 6+)						SHAW CENTRE 122 Bowlt Crescent					
Sep 6-Nov 8	F	05:10 PM-05:40 PM	10	\$90.75	LC4747-01	Parent & Tot 1 (Ages 4-12 mos)					
Sep 6-Nov 8	F	05:40 PM-06:10 PM	10	\$90.75	LC4747-02	Sep 3-26	Tu/Th	04:35 PM-05:05 PM	8	\$72.50	SC4700-01
Sep 7-Nov 9	Sa	11:10 AM-11:40 AM	10	\$90.75	LC4747-03	Oct 29-Dec 17	Tu	04:35 PM-05:05 PM	8	\$72.50	SC4700-02
Sep 9-Oct 7	M/W	05:10 PM-05:40 PM	8	\$72.50	LC4745-01	Parent & Tot 2 (Ages 12-24 mos)					
Sep 9-Oct 7	M/W	06:15 PM-06:45 PM	8	\$72.50	LC4745-02	Sep 6-Oct 25	F	04:35 PM-05:05 PM	8	\$72.50	SC4705-01
Sep 10-Oct 3	Tu/Th	05:45 PM-06:15 PM	8	\$72.50	LC4745-03	Oct 1-24	Tu/Th	05:55 PM-06:25 PM	8	\$72.50	SC4705-02
Sep 10-Oct 3	Tu/Th	06:20 PM-06:50 PM	8	\$72.50	LC4745-04	Oct 29-Dec 17	Tu	07:10 PM-07:40 PM	8	\$72.50	SC4705-03
Oct 8-Nov 26	Tu	04:30 PM-05:00 PM	8	\$72.50	LC4745-05	Oct 31-Dec 19	Th	06:05 PM-06:35 PM	8	\$72.50	SC4705-04
Oct 8-Nov 26	Tu	05:10 PM-05:40 PM	8	\$72.50	LC4745-06	Nov 1-Dec 20	F	05:45 PM-06:15 PM	8	\$72.50	SC4705-05
Oct 8-Nov 26	Tu	06:15 PM-06:45 PM	8	\$72.50	LC4745-07	Parent & Tot 3 (Ages 24-36 mos)					
Oct 10-Nov 28	Th	05:55 PM-06:25 PM	8	\$72.50	LC4745-08	Sep 6-Oct 25	F	04:00 PM-04:30 PM	8	\$72.50	SC4710-01
Oct 10-Nov 28	Th	06:55 PM-07:25 PM	8	\$72.50	LC4745-09	Sep 7-Oct 26	Sa	09:00 AM-09:30 AM	8	\$72.50	SC4710-02
Oct 21-Dec 16	M	05:10 PM-05:40 PM	8	\$72.50	LC4745-10	Oct 1-24	Tu/Th	06:35 PM-07:05 PM	8	\$72.50	SC4710-03
Oct 21-Dec 16	M	06:15 PM-06:45 PM	8	\$72.50	LC4745-11	Oct 29-Dec 17	Tu	06:15 PM-06:45 PM	8	\$72.50	SC4710-04
Swimmer 3 (Ages 6+)						Nov 1-Dec 20	F	06:00 PM-06:30 PM	8	\$72.50	SC4710-05
Sep 6-Nov 8	F	04:35 PM-05:05 PM	10	\$90.75	LC4752-01	Nov 2-Dec 21	Sa	09:00 AM-09:30 AM	8	\$72.50	SC4710-06
Sep 7-Nov 9	Sa	11:10 AM-11:40 AM	10	\$90.75	LC4752-02	Preschool 1 (Ages 3-5 yrs)					
Sep 7-Nov 9	Sa	12:05 PM-12:35 PM	10	\$90.75	LC4752-03	Sep 3-26	Tu/Th	04:50 PM-05:20 PM	8	\$72.50	SC4715-01
Sep 9-Oct 7	M/W	05:10 PM-05:40 PM	8	\$72.50	LC4750-01	Sep 3-26	Tu/Th	06:00 PM-06:30 PM	8	\$72.50	SC4715-02
Sep 9-Oct 7	M/W	05:40 PM-06:10 PM	8	\$72.50	LC4750-02	Sep 3-26	Tu/Th	06:50 PM-07:20 PM	8	\$72.50	SC4715-03
Sep 10-Oct 3	Tu/Th	04:35 PM-05:05 PM	8	\$72.50	LC4750-03	Sep 3-26	Tu/Th	07:25 PM-07:55 PM	8	\$72.50	SC4715-04
Sep 10-Oct 3	Tu/Th	05:10 PM-05:40 PM	8	\$72.50	LC4750-04	Sep 6-Oct 25	F	05:10 PM-05:40 PM	8	\$72.50	SC4715-05
Sep 10-Oct 3	Tu/Th	06:30 PM-07:00 PM	8	\$72.50	LC4750-05	Sep 6-Oct 25	F	06:15 PM-06:45 PM	8	\$72.50	SC4715-06
Oct 8-Nov 26	Tu	05:45 PM-06:15 PM	8	\$72.50	LC4750-06	Sep 7-Oct 26	Sa	09:00 AM-09:30 AM	8	\$72.50	SC4715-07
Oct 8-Nov 26	Tu	06:30 PM-07:00 PM	8	\$72.50	LC4750-07	Sep 7-Oct 26	Sa	09:50 AM-10:20 AM	8	\$72.50	SC4715-08
Oct 10-Nov 28	Th	05:45 PM-06:15 PM	8	\$72.50	LC4750-08	Sep 7-Oct 26	Sa	11:30 AM-12:00 PM	8	\$72.50	SC4715-09
Oct 21-Dec 16	M	05:10 PM-05:40 PM	8	\$72.50	LC4750-09	Oct 1-24	Tu/Th	04:40 PM-05:10 PM	8	\$72.50	SC4715-10
Oct 21-Dec 16	M	05:40 PM-06:10 PM	8	\$72.50	LC4750-10	Oct 1-24	Tu/Th	06:50 PM-07:20 PM	8	\$72.50	SC4715-11
Oct 21-Dec 16	M	06:50 PM-07:20 PM	8	\$72.50	LC4750-11	Oct 1-24	Tu/Th	07:10 PM-07:40 PM	8	\$72.50	SC4715-12
Swimmer 4 (Ages 6+)						Oct 29-Dec 17	Tu	04:50 PM-05:20 PM	8	\$72.50	SC4715-13
Sep 6-Nov 8	F	05:05 PM-05:50 PM	10	\$119.00	LC4757-01	Oct 29-Dec 17	Tu	05:45 PM-06:15 PM	8	\$72.50	SC4715-14
Sep 7-Nov 9	Sa	10:40 AM-11:25 AM	10	\$119.00	LC4757-02	Oct 29-Dec 17	Tu	06:00 PM-06:30 PM	8	\$72.50	SC4715-15
Sep 9-Oct 7	M/W	04:30 PM-05:15 PM	8	\$95.25	LC4755-01	Oct 29-Dec 17	Tu	06:55 PM-07:25 PM	8	\$72.50	SC4715-16
Sep 10-Oct 3	Tu/Th	05:05 PM-05:50 PM	8	\$95.25	LC4755-02	Oct 29-Dec 17	Tu	07:25 PM-07:55 PM	8	\$72.50	SC4715-17
Sep 10-Oct 3	Tu/Th	06:30 PM-07:15 PM	8	\$95.25	LC4755-03	Oct 31-Dec 19	Th	04:40 PM-05:10 PM	8	\$72.50	SC4715-18
Oct 8-Nov 26	Tu	05:05 PM-05:50 PM	8	\$95.25	LC4755-04	Oct 31-Dec 19	Th	06:50 PM-07:20 PM	8	\$72.50	SC4715-19
Oct 10-Nov 28	Th	04:35 PM-05:20 PM	8	\$95.25	LC4755-05	Nov 1-Dec 20	F	04:00 PM-04:30 PM	8	\$72.50	SC4715-20
Oct 21-Dec 16	M	04:30 PM-05:15 PM	8	\$95.25	LC4755-06	Nov 1-Dec 20	F	06:35 PM-07:05 PM	8	\$72.50	SC4715-21
Swimmer 5 (Ages 6+)						Nov 2-Dec 21	Sa	11:00 AM-11:30 AM	8	\$72.50	SC4715-22
Sep 7-Nov 9	Sa	11:45 AM-12:30 PM	10	\$119.00	LC4762-01	Nov 2-Dec 21	Sa	09:00 AM-09:30 AM	8	\$72.50	SC4715-23
Sep 9-Oct 7	M/W	06:20 PM-07:05 PM	8	\$95.25	LC4760-01	Nov 2-Dec 21	Sa	11:30 AM-12:00 PM	8	\$72.50	SC4715-24
Sep 10-Oct 3	Tu/Th	04:30 PM-05:15 PM	8	\$95.25	LC4760-02	Nov 2-Dec 21	Sa	10:15 AM-10:45 AM	8	\$72.50	SC4715-25
Oct 10-Nov 28	Th	06:15 PM-07:00 PM	8	\$95.25	LC4760-03	Nov 2-Dec 21	Sa	09:50 AM-10:20 AM	8	\$72.50	SC4715-26
Oct 21-Dec 16	M	06:20 PM-07:05 PM	8	\$95.25	LC4760-04	Preschool 2 (Ages 3-5 yrs)					
Swimmer 6 (Ages 6+)						Sep 3-26	Tu/Th	05:25 PM-05:55 PM	8	\$72.50	SC4720-01
Sep 6-Nov 8	F	06:15 PM-07:00 PM	10	\$119.00	LC4767-01	Sep 3-26	Tu/Th	06:00 PM-06:30 PM	8	\$72.50	SC4720-02
Sep 7-Nov 9	Sa	10:00 AM-10:45 AM	10	\$119.00	LC4767-02	Sep 3-26	Tu/Th	06:35 PM-07:05 PM	8	\$72.50	SC4720-03
Sep 10-Oct 3	Tu/Th	05:40 PM-06:25 PM	8	\$95.25	LC4765-01	Sep 6-Oct 25	F	05:40 PM-06:10 PM	8	\$72.50	SC4720-04
Oct 10-Nov 28	Th	05:05 PM-05:50 PM	8	\$95.25	LC4765-02	Sep 6-Oct 25	F	05:45 PM-06:15 PM	8	\$72.50	SC4720-05
.....											
<p><i>Love to swim? With the purchase of a LeisureCard you can enjoy unlimited access to public swim times.</i></p>											

LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Oct 29-Dec 17	Tu	05:25 PM-06:10 PM	8	\$95.25	SC4755-09	Rookie Patrol (Ages 8+)					
Oct 31-Dec 19	Th	04:35 PM-05:20 PM	8	\$95.25	SC4755-10	Sep 3-26	Tu/Th	05:45 PM-06:45 PM	8	\$109.00	SC4770-01
Oct 31-Dec 19	Th	05:10 PM-05:55 PM	8	\$95.25	SC4755-11	Sep 7-Oct 26	Sa	09:10 AM-10:10 AM	8	\$109.00	SC4770-02
Nov 1-Dec 20	F	05:10 PM-05:55 PM	8	\$95.25	SC4755-12	Ranger Patrol (Ages 8+)					
Nov 1-Dec 20	F	06:20 PM-07:05 PM	8	\$95.25	SC4755-13	Sep 6-Oct 25	F	04:35 PM-05:35 PM	8	\$109.00	SC4775-01
Swimmer 5 (Ages 6+)						Oct 31-Dec 19	Th	07:00 PM-08:00 PM	8	\$109.00	SC4775-02
Sep 3-26	Tu/Th	04:35 PM-05:20 PM	8	\$95.25	SC4760-01	Star Patrol (Ages 8+)					
Sep 6-Oct 25	F	06:20 PM-07:05 PM	8	\$95.25	SC4760-02	Oct 1-24	Tu/Th	07:00 PM-08:00 PM	8	\$109.00	SC4780-01
Sep 7-Oct 26	Sa	10:10 AM-10:55 AM	8	\$95.25	SC4760-03	Nov 1-Dec 20	F	04:00 PM-05:00 PM	8	\$109.00	SC4780-02
Oct 1-24	Tu/Th	04:35 PM-05:20 PM	8	\$95.25	SC4760-04					
Oct 29-Dec 17	Tu	04:35 PM-05:20 PM	8	\$95.25	SC4760-05	 <p>Find programs and register online at leisureonline.saskatoon.ca</p>					
Oct 31-Dec 19	Th	04:40 PM-05:25 PM	8	\$95.25	SC4760-06						
Nov 1-Dec 20	F	04:35 PM-05:20 PM	8	\$95.25	SC4760-07						
Nov 2-Dec 21	Sa	10:10 AM-10:55 AM	8	\$95.25	SC4760-08						
Swimmer 6 (Ages 6+)											
Sep 3-26	Tu/Th	06:35 PM-07:20 PM	8	\$95.25	SC4765-01						
Sep 6-Oct 25	F	05:45 PM-06:30 PM	8	\$95.25	SC4765-02						
Sep 7-Oct 26	Sa	11:00 AM-11:45 AM	8	\$95.25	SC4765-03						
Oct 1-24	Tu/Th	06:00 PM-06:45 PM	8	\$95.25	SC4765-04						
Oct 29-Dec 17	Tu	06:35 PM-07:20 PM	8	\$95.25	SC4765-05						
Oct 31-Dec 19	Th	06:00 PM-06:45 PM	8	\$95.25	SC4765-06						
Nov 1-Dec 20	F	05:45 PM-06:30 PM	8	\$95.25	SC4765-07						

LIFESAVING SOCIETY SWIM LESSON LISTINGS (ADULT)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAKEWOOD CIVIC CENTRE 1635 McKercher Drive						SHAW CENTRE 122 Bowlit Crescent					
Adult Swimmer 1						Adult Swimmer 1					
Sep 12-Nov 7	Th	07:10 PM-07:55 PM	8	\$119.75	LW4901-01	Oct 1-24	Tu/Th	07:05 PM-07:50 PM	8	\$119.75	SC4901-01
Sep 15-Nov 3	Su	07:45 PM-08:30 PM	8	\$119.75	LW4901-02	Nov 2-Dec 21	Sa	09:00 AM-09:45 AM	8	\$119.75	SC4901-02
Nov 8-Dec 13	F	06:15 PM-07:00 PM	5	\$74.75	LW4947-01	Adult Swimmer 2					
Nov 9-Dec 14	Sa	12:10 PM-12:55 PM	5	\$74.75	LW4947-02	Oct 31-Dec 19	Th	07:15 PM-08:00 PM	8	\$119.75	SC4902-01
Nov 10-Dec 15	Su	08:00 PM-08:45 PM	5	\$74.75	LW4947-03	Nov 2-Dec 21	Sa	10:10 AM-10:55 AM	8	\$119.75	SC4902-02
Adult Swimmer 2											
Sep 15-Nov 3	Su	07:45 PM-08:30 PM	8	\$119.75	LW4902-01						
Nov 8-Dec 13	F	06:15 PM-07:00 PM	5	\$74.75	LW4948-01						
Nov 9-Dec 14	Sa	12:10 PM-12:55 PM	5	\$74.75	LW4948-02						
Nov 10-Dec 15	Su	08:00 PM-08:45 PM	5	\$74.75	LW4948-03						
LAWSON CIVIC CENTRE 225 Primrose Drive											
Adult Swimmer 1											
Sep 6-Nov 8	F	11:55 AM-12:40 PM	10	\$149.50	LC4907-01						
Sep 9-Oct 7*	M/W	11:55 AM-12:40 PM	8	\$119.75	LC4901-01						
Oct 8-Nov 26	Tu	11:10 AM-11:55 AM	8	\$119.75	LC4901-02						
*Cancelled Sep 30											
Adult Swimmer 2											
Oct 8-Nov 26	Tu	06:15 PM-07:00 PM	8	\$119.75	LC4902-01						

Stay Connected! Subscribe to the Leisure eNewsletter

Visit saskatoon.ca/leisurecentres to sign up for updates on Leisure Centre programming, the Leisure Guide and other seasonal leisure facilities and attractions.

The eNewsletter is sent out five to six times a year and you can unsubscribe at any time.



ADDITIONAL SWIM LESSON OPTIONS

Registration for Private & Semi-Private swim lessons will open on **Monday, August 19.**

Private Swim Lessons

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

Youth 1 session \$39.00 • 3 sessions \$114.00 • 5 sessions \$186.00
Adult* 1 session \$43.25 • 3 sessions \$123.25 • 5 sessions \$201.25

Semi-Private Swim Lessons

Groups of two receive personalized instruction in semi-private swim lessons. Available at 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 \$29.25 • 3 sessions \$83.75 • 5 sessions \$136.25
Adult* 1 session \$34.00 • 3 sessions \$96.50 • 5 sessions \$156.75

Timesaving swim lesson options are available!

Multi-Level Swim Lessons for Families

Designed for families with more than one child seeking Life Saving Society swim lessons; this option accommodates multiple swim levels within a single class. Available at Lawson Civic Centre. Refer to page 23 for more information.

5-Day Lesson Sets

These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water. Available at Lakewood Civic Centre. Refer to page 21 for more information.

FREE COMMUNITY PROGRAMMING

For more information about these FREE programs and events, visit leisureonline.saskatoon.ca or call 306-975-3378. Unless noted otherwise, pre-registration is required for these programs and events.

Girls in Motion

Half-day event to inspire youth ages 10-14 to live healthy, active lives. Physical activities facilitated by qualified instructors. Snacks provided.

Saskatoon Soccer Centre (150 Nelson Road)
 Nov 8 F 01:30 PM-04:30 PM FREE CD4314-01

Taking to the Court

Half-day event for youth ages 10 to 14 to get active and learn and practice a mix of sports. Snacks provided.

Saskatoon Soccer Centre (150 Nelson Road)
 Nov 8 F 09:00 AM-12:00 PM FREE CD4366-01



Drop N' Shop

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

Lawson Civic Centre				
Nov 30	Sa	01:00 PM-04:00 PM	FREE	CD4627-01
Lakewood Civic Centre				
Dec 7	Sa	01:00 PM-04:00 PM	FREE	CD4627-02
Cosmo Civic Centre				
Dec 14	Sa	01:00 PM-04:00 PM	FREE	CD4627-03

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, Golf Courses, Saskatoon Forestry Farm Park & Zoo, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.
 Available for purchase at any Leisure Centre, Holiday Park Golf Course or Saskatoon Forestry Park & Zoo administration office.

Bulk Tickets Buy 10 general admissions at a discounted price! Split up or give as a pack. Bulk Tickets never expire and are available for Leisure Centres and Outdoor Pools.

LEISURE CENTRES
saskatoon.ca/admissions

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 22-Dec 10 Tu 04:15 PM-04:45 PM \$75.00 AC4352-01

Cosmo Arena

Oct 23-Dec 11 W 04:15 PM-04:45 PM \$75.00 CA4352-01

Oct 24-Dec 12 Th 04:15 PM-04:45 PM \$75.00 CA4352-02

Parent & Tot Learn to Skate

3-5 yrs. 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. Participants are required to bring their own skates and helmet. Parents/guardians must go on the ice with skates or clean indoor shoes plus a helmet; without these they will not be allowed on the ice.

Lions Arena

Oct 21-Dec 16* M 04:15 PM-04:45 PM \$75.00 LI4343-01

*Cancelled Nov 11



LIL' MOVERS PROGRAMS

3-5 yrs. Run, hop, throw and roll! Children will develop fundamental movement skills through games and activities in these fun, instructor-led programs. Participants need to have indoor running shoes and a water bottle.

Lil' Movers Active Games

Children will develop fundamental movement skills while playing games and having fun.

Lakewood Civic Centre

Sep 8-Oct 20 Su 11:15 AM-12:00 PM \$46.00 LW4401-01

Nov 16-Dec 14 Sa 11:15 AM-12:00 PM \$46.00 LW4401-02

Lawson Civic Centre

Sep 8-Oct 6 Su 02:30 PM-03:15 PM \$46.00 LC4401-01

Sep 13-Oct 11 F 11:30 AM-12:15 PM \$46.00 LC4401-02

Oct 20-Nov 17 Su 03:30 PM-04:15 PM \$46.00 LC4401-03

Shaw Centre

Sep 7-Oct 5 Sa 10:15 AM-11:00 AM \$46.00 SC4401-01

New! Lil' Movers Swim & Play

3-5 yrs. Children will participate in a story time before entering the water for games and activities.

Lawson Civic Centre

Sep 9-Oct 7* M/W 11:50 AM-12:35 PM \$76.50 LC4176-01

Oct 8-Nov 26 Tu 11:20 AM-12:05 PM \$76.50 LC4176-02

Oct 9-Nov 27 W 11:55 AM-12:40 PM \$76.50 LC4176-03

*Cancelled Sep 30

MINI MOVERS PROGRAMS

2-3 yrs. Toddlers will develop fundamental movement skills through games, and activities in these fun, instructor-led programs. Participants need to have indoor running shoes and a water bottle. Parent/Guardian participation is encouraged.

Mini Movers Active Games

Toddlers will develop fundamental movement skills while playing games and having fun.

Cosmo Civic Centre

Sep 8-Oct 6 Su 10:30 AM-11:15 AM \$46.00 CC4402-01

Lakewood Civic Centre

Sep 7-Oct 19 Sa 10:15 AM-11:00 AM \$46.00 LW4402-01

Nov 16-Dec 14 Sa 09:15 AM-10:00 AM \$46.00 LW4402-02

Nov 17-Dec 15 Su 10:15 AM-11:00 AM \$46.00 LW4402-03

Lawson Civic Centre

Sep 8-Oct 6 Su 01:30 PM-02:15 PM \$46.00 LC4402-01

Oct 20-Nov 17 Su 02:30 PM-03:15 PM \$46.00 LC4402-02

Oct 25-Nov 22 F 10:30 AM-11:15 AM \$46.00 LC4402-03

Shaw Centre

Sep 7-Oct 5 Sa 09:15 AM-10:00 AM \$46.00 SC4402-01

Oct 19-Nov 16 Sa 09:15 AM-10:00 AM \$46.00 SC4402-02

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 19 Sa 09:15 AM-10:00 AM \$46.50 LW4364-01

Sep 8-Oct 20 Su 10:15 AM-11:00 AM \$46.50 LW4364-02

Nov 16-Dec 14 Sa 10:15 AM-11:00 AM \$46.50 LW4364-03

Nov 17-Dec 15 Su 11:15 AM-12:00 PM \$46.50 LW4364-04

Lawson Civic Centre

Sep 8-Oct 6 Su 03:30 PM-04:15 PM \$46.50 LC4364-01

Sep 13-Oct 11 F 10:30 AM-11:15 AM \$46.50 LC4364-02

Oct 20-Nov 17 Su 01:30 PM-02:15 PM \$46.50 LC4364-03

Oct 25-Nov 22 F 11:30 AM-12:15 PM \$46.50 LC4364-04

Subscribe to the Leisure eNewsletter!

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The Leisure eNewsletter is sent out five to six times a year and you can unsubscribe at any time.



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 22-Dec 10 Tu 04:00 PM-04:45 PM \$97.25 AC4305-01

Cosmo Arena

Oct 23-Dec 11 W 04:00 PM-04:45 PM \$97.25 CA4305-01

Oct 24-Dec 12 Th 04:00 PM-04:45 PM \$97.25 CA4305-02

Lions Arena

Oct 21-Dec 16* M 04:00 PM-04:45 PM \$97.25 LI4305-01

*Cancelled Nov 11



CHILDREN SPORT

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.

Cosmo Civic Centre

Sep 8-Oct 6 Su 09:15 AM-10:15 AM \$58.75 CC4363-01

Lakewood Civic Centre

Sep 7-Oct 19 Sa 11:15 AM-12:15 PM \$58.75 LW4363-01

Shaw Centre

Oct 19-Nov 16 Sa 10:15 AM-11:15 AM \$58.75 SC4363-01

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 27-Dec 1 Su 09:15 AM-10:15 AM \$64.75 FH4313-01

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 need to bring their own ball glove.

Saskatoon Field House

Oct 27-Dec 1 Su 10:30 AM-11:30 AM \$64.75 FH4367-01

YOUTH RECREATION PROGRAMS

PROGRAMS & ACTIVITIES

YOUTH PERSONAL & GROUP EXERCISE 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.

3 Sessions

\$135.75

Lakewood Civic Centre

LW4349-01

Lawson Civic Centre

LC4349-01

Saskatoon Field House

FH4349-01

Shaw Centre

SC4349-01

Youth Weight Room Card Session

13-15 yrs. A Certified Personal Trainer will guide you through the proper use of the cardio and weight training equipment at the Leisure Centre of your choice. In this session the trainer will emphasize safety and ensure that you also learn proper weight room etiquette. After the session you will receive a Youth Weight Room Card that allows you to use the weight room without supervision.

1-hour session

\$40.50

Lakewood Civic Centre

LW4381-01

Lawson Civic Centre

LC4381-01

Saskatoon Field House

FH4381-01

Shaw Centre

SC4381-01

New! Youth Introduction to Weight Room Training

13-18 yrs. A Certified Personal Trainer will guide you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, biomechanics, lifting technique and weight room etiquette. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

Lakewood Civic Centre

Sep 8-22 Sa 02:30 PM-03:30 PM \$51.25 LW4658-01

Oct 6-27* Sa 02:30 PM-03:30 PM \$51.25 LW4658-02

*Cancelled Oct 13

Shaw Centre

Sep 10-24 Tu 04:00 PM-05:00 PM \$51.25 SC4658-01

Oct 8-22 Tu 04:00 PM-05:00 PM \$51.25 SC4658-02

New! Youth Small Group Training

13-18 yrs. A Certified Personal Trainer will guide you through a small group (up to six people) exercise program with your peers. A fun and challenging approach to getting stronger will keep you motivated and involved. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

Saskatoon Field House

Oct 5-Dec 7* Sa 12:00 PM-12:45 PM \$159.75 FH4652-01

*Cancelled Oct 12 & Nov 9

Shaw Centre

Oct 29-Nov 21 Tu/Th 04:00 PM-04:45 PM \$159.75 SC4652-01

BEGINNER FITNESS

Classes offer fitness opportunities, resources and education for those new or returning to an active lifestyle. Class content is designed to build confidence and ensure participant safety.

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.

Cosmo Civic Centre

Sep 7-21 Sa 09:15 AM-10:15 AM \$42.00 CC4320-01

Saskatoon Field House

Sep 9-23 M 07:00 PM-08:00 PM \$42.00 FH4320-01
 Sep 9-23 M 08:00 PM-09:00 PM \$42.00 FH4320-02
 Sep 11-25 W 07:00 PM-08:00 PM \$42.00 FH4320-03
 Sep 11-25 W 08:00 PM-09:00 PM \$42.00 FH4320-04
 Oct 7-28 M 07:00 PM-08:00 PM \$42.00 FH4320-05
 Oct 7-28 M 08:00 PM-09:00 PM \$42.00 FH4320-06
 Oct 9-23 W 07:00 PM-08:00 PM \$42.00 FH4320-07
 Oct 9-23 W 08:00 PM-09:00 PM \$42.00 FH4320-08
 Nov 16-30 Sa 01:00 PM-02:00 PM \$42.00 FH4320-09
 Nov 16-30 Sa 02:00 PM-03:00 PM \$42.00 FH4320-10
 Dec 7-21 Sa 10:00 AM-11:00 AM \$42.00 FH4320-11
 Dec 7-21 Sa 11:00 AM-12:00 PM \$42.00 FH4320-12

Learn to Pole Walk

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

Saskatoon Field House

Sep 14-28 Sa 01:30 PM-02:30 PM \$15.00 FH4330-01

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

Oct 2-16 W 06:30 PM-07:30 PM \$15.00 FH4333-01

Shaw Centre

Sep 22-Oct 6 Su 09:15 AM-10:15 AM \$15.00 SC4333-01

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.

Lakewood Civic Centre

Sep 17-Oct 1 Tu 06:00 PM-07:00 PM \$15.00 LW4327-01

Saskatoon Field House

Oct 3-17 Th 06:30 PM-07:30 PM \$15.00 FH4327-01

Shaw Centre

Oct 4-18 F 07:00 PM-08:00 PM \$15.00 SC4327-01



ADULT PERSONAL & GROUP EXERCISE TRAINING

Personal Training

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

3 Sessions **\$171.00**
Lakewood Civic Centre LW4346-01
Lawson Civic Centre LC4346-01
Saskatoon Field House FH4346-01
Shaw Centre SC4346-01

New! Adult Introduction to Weight Room Training

A Certified Personal Trainer will guide you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, biomechanics and lifting techniques.

Saskatoon Field House

Sep 10-24 Tu 07:00 PM-08:00 PM \$51.25 FH4655-01

Shaw Centre

Oct 5-19 Sa 01:00 PM-02:00 PM \$51.25 SC4655-01

New! Adult Small Group Training

A Certified Personal Trainer will guide you through a small group (up to six people) exercise program tailored to all fitness levels with a progressive approach to maintain motivation and improvement. The introduction of new exercises will keep the routine engaging, dynamic and fun.

Saskatoon Field House

Oct 3-31* M/Th 07:00 PM-07:45 PM \$159.75 FH4653-01

*Cancelled Oct 14

Nov 4-Dec 2* M/Th 07:00 PM-07:45 PM \$159.75 FH4653-02

*Cancelled Nov 11

Shaw Centre

Sep 21-Nov 16* Sa 09:30 AM-10:15 AM \$159.75 SC4653-01

*Cancelled Oct 26

FIT OVER 50 PERSONAL & GROUP EXERCISE TRAINING

Fit Over 50 Personal Training

A Certified Personal Trainer will work with you to develop an exercise plan to achieve your health and wellness goals. One-hour sessions determined by you and your trainer.

3 Sessions **\$171.00**
Lakewood Civic Centre LW4657-01
Lawson Civic Centre LC4657-01
Saskatoon Field House FH4657-01
Shaw Centre SC4657-01



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.



New! Fit Over 50 Introduction to Weight Room Training

A Certified Personal Trainer will lead you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, basic movement patterns and proper technique to feel comfortable exercising independently.

Lakewood Civic Centre

Nov 2-23* Sa 10:30 AM-11:30 AM \$51.25 LW4656-01

*Cancelled Nov 9

Lawson Civic Centre

Sep 18-Oct 2 W 05:30 PM-06:30 PM \$51.25 LC4656-01

Shaw Centre

Oct 2-16 W 10:00 AM-11:00 AM \$51.25 SC4656-01

New! Fit Over 50 Small Group Training

A Certified Personal Trainer will lead you through a small group (up to six people) exercise program tailored to all fitness levels ensuring that each session is not only progressive but also supportive and enjoyable. You will feel a sense of achievement in the pursuit of your health and wellness goals.

Saskatoon Field House

Oct 3-Nov 21 Th 10:30 AM-11:15 AM \$159.75 FH4654-01

Lakewood Civic Centre

Oct 4-Nov 1* M/F 01:00 PM-01:45 PM \$159.75 LW4654-01

*Cancelled Oct 15

Nov 4-Dec 2* M/F 01:00 PM-01:45 PM \$159.75 LW4654-02

*Cancelled Nov 11

Lawson Civic Centre

Oct 3-Nov 21 Th 05:45 PM-06:30 PM \$159.75 LC4654-01

GENERAL FITNESS

Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.

Baby & 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 Baby & 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).

Saskatoon Field House

Oct 1-24 Tu/Th 10:45 AM-11:30 AM \$58.75 FH4338-01

Child Minding

Make time for you! Available at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre.

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

Baby & Me Strollfit

Perfect for new parents and their babies. Combines walking the track with your baby as well as muscle strengthening and postnatal core-specific work. It is recommended moms be six weeks postpartum (8+ for caesarean).

Saskatoon Field House

Oct 29-Nov 21 Tu/Th 10:45 AM-11:30 AM \$58.75 FH4339-01

Nov 26-Dec 19 Tu/Th 10:45 AM-11:30 AM \$58.75 FH4339-02



Strollin' & Polin'

Take in and enjoy the many benefits of pole walking during this friendly, social, fitness program. The instructor will lead you through an hour-long session incorporating pole walking, strength and stretch components.

Poles are provided and are optional during this program.

Saskatoon Field House

Sep 25-Oct 25 M/W/F 01:15 PM-02:15 PM \$52.50 FH4365-01

Oct 28-Nov 20 M/W/F 01:15 PM-02:15 PM \$52.50 FH4365-02

Nov 25-Dec 16 M/W/F 01:15 PM-02:15 PM \$52.50 FH4365-03

Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this 90-minute 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.

Visit saskatoon.ca/leisureonline to reserve your spot in advance. Drop-in guests are also welcome.

Lakewood Civic Centre

Oct 2 W 06:00 PM-07:30 PM FREE LW5817-01

Oct 21 M 06:00 PM-07:30 PM FREE LW5817-02

Lawson Civic Centre

Oct 24 Th 06:45 PM-08:15 PM FREE LC5817-01

Oct 27 Su 10:30 AM-12:00 PM FREE LC5817-02

Shaw Centre

Sep 11 W 09:00 AM-10:30 AM FREE SC5817-01

Sep 19 Th 06:00 PM-07:30 PM FREE SC5817-02

Saskatoon Field House

Nov 5 Tu 06:00 PM-07:30 PM FREE FH5817-01

Nov 14 Th 06:00 PM-07:30 PM FREE FH5817-02



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 family member or friend. Develop new friendships in a relaxed atmosphere with others living similar experiences. For more information, contact Connie at 1-800-263-3367, by email at mindsinmotion@alzheimer.sk.ca, or visit alzheimer.ca/sk. To register call the Saskatoon Field House at 306-975-3354.

Saskatoon Field House

Oct 1-Dec 3	Tu	01:30 PM-03:30 PM	\$30	FH4510-01
Oct 3-Dec 5	Th	01:30 PM-03:30 PM	\$30	FH4510-02

Minds in Motion® is provided in partnership with the City of Saskatoon and the Alzheimer Society of Saskatchewan and Information Services Corporation.

Neuro (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

<i>Neuro (Stroke) Exercise</i>				
Tu, Th		01:15 PM-02:45 PM		
<i>Parkinson's Exercise</i>				
M, W, F		02:45 PM-03:45 PM		

The First Step Program™

This program offers supervised exercise and education components for individuals looking to make exercise a regular part of their life. It is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, cancer, abnormal cholesterol and/or chronic kidney disease. You can begin at any time. For more information or to register, call 306-975-3121 or visit saskatoon.ca/firststep.



Saskatoon Field House

4 month program* Tu & Th 8:00 AM-11:30 AM and/or 4:30 PM-07:30 PM**

* A graduate program is available after completion for continued support 3 times/week.

** Exercise sessions start small and progress to 60+ minutes.

The First Step Program™ is provided in partnership with the City of Saskatoon and Saskatchewan Health Authority.

NOTE: Pre-registration is required for most items listed in this section. For details on how to register, see page 16 unless other instructions are provided in the course details.

Full attendance is mandatory for training and certification programs.

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.

100% attendance is mandatory.

Cosmo Civic Centre

Oct 26 & 27	Sa/Su	09:00 AM-05:30 PM	\$152.50	CC4609-01
Nov 23 & 24	Sa/Su	09:00 AM-05:30 PM	\$152.50	CC4609-02

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.

100% attendance is mandatory.

Cosmo Civic Centre

Sep 22	Su	09:00 AM-05:30 PM	\$88.50	CC4610-01
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LIFESAVING & GUARDING

Lifesaving Society Bronze Star

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Fee does not include manual cost of \$43.05 (applicable taxes included), which is also required for Bronze Medallion and Bronze Cross. 100% attendance is mandatory.

Lakewood Civic Centre

Nov 9-Dec 14	Sa	09:30 AM-12:00 PM	\$127.25	LW4605-01
Nov 10-Dec 15	Su	05:30 PM-08:00 PM	\$127.25	LW4605-02

Lifesaving Society Bronze Medallion

Prerequisites: minimum 13 years of age or Bronze Star. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Fee does not include manual cost of \$43.05 (applicable taxes included). 100% attendance is mandatory.

Lawson Civic Centre

Sep 8-Nov 17	Su	06:00 PM-08:30 PM	\$162.25	LC4604-01
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Lakewood Civic Centre

Sep 3-8	Tu-F	04:00 PM-08:00 PM	\$162.25	LW4604-01
	Sa/Su	09:00 AM-01:00 PM		



Find programs and register online at leisureonline.saskatoon.ca



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 306-975-2944.

* To obtain employment as a Lifeguard with the City of Saskatoon, both the Lifesaving Society National Lifeguard Award and the Lifesaving Society Combined Swim for Life and Lifesaving Instructor Program 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-C AED
Pre-requisites: None
- 4 LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)
Pre-requisites: 15 years old, Standard First Aid & CPR "C" or Aquatic Emergency Care, Lifesaving Bronze Cross

LIFESAVING SOCIETY COMBINED SWIM FOR LIFE & LIFESAVING INSTRUCTOR PROGRAM
Pre-requisites: 15 years old, Lifesaving Society Bronze Cross Award (need not be current)

Lifesaving Society Bronze Cross

Prerequisites: Bronze Medallion. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Fee does not include manual cost of \$43.05 (applicable taxes included). 100% attendance is mandatory.

Lawson Civic Centre

Sep 8-Nov 17 Su 05:45 PM-08:30 PM \$162.25 LC4603-01

Lakewood Civic Centre

Nov 12-14 Tu-Th 04:00 PM-08:00 PM \$162.25 LW4603-01

Nov 15 F 04:00 PM-08:00 PM

Nov 16 Sa 08:00 AM-01:00 PM

Nov 17 Su 08:00 AM-01:00 PM

Lifesaving Society National Lifeguard Award

15 yrs+. Pre-requisite: Bronze Cross and Standard First Aid, CPR C 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 \$45.15 (applicable taxes included). 100% attendance is mandatory.

Shaw Centre

Sep 27 & Oct 4 F 05:30 PM-09:30 PM \$239.75 SC4606-01

Sep 28 & Oct 5 Sa 09:00 AM-06:30 PM

Sep 29 & Oct 6 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.

Shaw Centre

Sep 22 Su 09:00 AM-01:00 PM \$82.00 SC4607-01

Combined Lifesaving Society Lifesaving Instructor Course

Pre-requisite: 15 years old and Bronze Cross award (need not be current). This leadership course provides candidates with theory, knowledge and skill, and practice to become certified and teach the following Lifesaving Society programs and awards:

- Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer and Fitness Swimmer
- Canadian Swim Patrol Program: Rookie Patrol, Ranger Patrol and Star Patrol levels
- CPR and AED
- Bronze Star
- Bronze Medallion*
- Bronze Cross*

Fee does not include manual cost of \$115.50 (applicable taxes included).

*Mentorship required to become Examiner

Lakewood Civic Centre

Dec 20 & 27 F 04:00 PM-10:00 PM \$359.00 LW4601-01

Dec 21 & 28 Sa 08:00 AM-05:30 PM

Dec 22 & 29 Su 08:00 AM-05:30 PM

Lawson Civic Centre

Dec 3, 10 & 17 Tu 04:00 PM-07:15 PM \$359.00 LC4601-01

Dec 4, 11 & 18 W 04:00 PM-07:15 PM

Dec 5, 12 & 19 Th 04:00 PM-09:00 PM

Dec 6, 13 & 20 F 04:00 PM-09:00 PM



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.

STEPS TO BECOMING A CERTIFIED SPRA FITNESS INSTRUCTOR

- 1 EXERCISE THEORY COURSE
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

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.

Virtual Session

Sep 3 Tu 06:00 PM-07:30 PM FREE VT4318-01

SPRA Exercise Theory Course

16 yrs+. A 24-hour course introduces 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 \$79.80 (applicable taxes included).

Cosmo Civic Centre

Sep 20 & 27 F 05:00 PM-09:00 PM \$329.75 CC4613-01
Sep 21 & 28 Sa 09:00 AM-05:00 PM

SPRA Group Exercise Fundamentals Course

16 yrs+. 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 \$70.35 (applicable taxes included).

Saskatoon Field House

Oct 18 F 06:00 PM-10:00 PM \$230.50 FH4614-01
Oct 19 Sa 09:00 AM-05:00 PM

SPRA Aquatic Exercise Course

16 yrs+. Pre-requisite: SPRA Group Exercise Fundamentals 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. Practical exam fee of \$50 is not included in registration fee and is payable on exam day. Fee does not include manual cost of \$69.30 (applicable taxes included).

Lawson Civic Centre

Nov 15 F 06:00 PM-10:00 PM \$285.00 LC4624-01
Nov 16 & 23 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 such as free weights, body bars/barbells, stability balls, tubing/bands, BOSU® and medicine balls. Practical exam fee of \$50 is not included in registration fee and is payable on exam day (applicable taxes included).

Saskatoon Field House

Oct 20 Su 09:00 AM-05:00 PM \$124.75 FH4621-01

Note: SPRA Exercise for Older Adults, Step and Choreography, Group Cycle and Fitness Yoga Specialty Courses will be offered in upcoming seasons. Watch for more details!

EMPLOYMENT OPPORTUNITIES

Qualified Instructors Wanted

The City of Saskatoon maintains a registry which is used to place paid instructors with the Leisure Centres and the local 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.



Find programs and register online at leisureonline.saskatoon.ca

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.

ICE SKATING

SEASONAL FUN!

Saskatoon offers many fun and exciting programs at five indoor rinks, over 50 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 refer to pages 28 and 29.

ACT Arena

107-105th Street East • 306-975-3316 • *Open year-round!*

Archibald Arena

1410 Windsor Street • 306-975-3313 • *Opens Sep 23*

Cosmo Arena

3130 Laurier Drive • 306-975-3370 • *Opens Oct 1*

Lions Arena

2205 McEown Avenue • 306-975-3306 • *Opens Oct 1*

Gordie Howe Kinsmen Arena (*available for rentals only starting Sep 9*)
1405 Avenue P South • 306-975-3310



ADMISSIONS Prices include applicable taxes.

Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family*	Parent & Tot
\$6.50	\$4.50	FREE	\$13.00	FREE

Cash, LeisureCards and Leisure Gift Cards accepted. 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.

CLARENCE DOWNEY SPEED SKATING OVAL

Dudley Street & Avenue R South in Gordie Howe Sports 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. The new K + S Multi-Sports Centre will be open during the Oval hours of operation to support public skating and Nordic skiing at the Gordie Howe Sports Complex. Amenities include washrooms, change rooms and showers, warm-up and gathering area, exterior bleacher seating during public skating, vending machines for snacks and beverages. *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's Community Associations own and operate over 50 outdoor rinks throughout the city for the public to enjoy. Visit pages 39-44 or check your Community Association's website or Facebook page for up-to-date schedule information.



SEASONAL FUN!

CROSS COUNTRY SKIING

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 at Holiday Park Golf Course/Gordie Howe Sports Complex. For more information visit their website at saskatoonnordicski.ca.



Did you know?

Some Community Associations sponsor the placement and grooming of ski trails in neighbourhood parks across the city. Visit saskatoon.ca/ski for locations.

SEASONAL FUN!

DOG PARKS



Dog parks are naturalized spaces where dogs are permitted to be off-leash while under the control of their owner. Ensure your dog remains on a leash until in the Dog Park and don't forget to pick up your dog's poop and drop in available waste containers. Find a dog park near you on pages 4-5 or visit saskatoon.ca/dogparks.

DOG PARKS FOR SMALL DOGS Dedicated off-leash areas for small dogs are available at Charlottetown and Hyde Dog Parks. Dogs must be under 40 cm (16") at the shoulder and less than 9 kg (20 lbs). Visit saskatoon.ca/dogparks for more information.

DOG PARK UPGRADES Silverwood Dog Park has new pathway signs and markings to separate traffic flow, providing a split roadway for users to travel through the park space.

PET LICENSE A valid Pet License is required to access any dog park. Visit saskatoon.ca/petlicensing to learn about the many benefits of Pet Licensing or to purchase or renew your annual license online.

SASKATOON FORESTRY FARM PARK & ZOO

SEASONAL FUN!

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

ZOO HOURS

Until Sep 2 09:00 AM-05:00 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-04:30 PM

Saskatoon Forestry Farm Park & Zoo is closed on Dec 25. Hours of operation are subject to change, visit saskatoon.ca/zoo for the latest updates.



Rekindle a sense of childhood wonder with a trip to the Saskatoon Forestry Farm Park & Zoo. Meet an impossibly cute mob of meerkats, the cheeky Goeldi's monkeys, majestic grizzly bears and many other species at Saskatchewan's only CAZA-accredited zoo.

ZOO ADMISSION RATES Prices include applicable taxes.

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

	Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family*
Daily Admission	\$15.75	\$9.50	FREE	\$31.50
Season Pass	\$60.00	\$36.00	FREE	\$120.00

Group Rates available for eight or more people (\$1.00 off each individual daily admission rate).

* Family is defined as a group of up to seven individuals with a maximum of two adults.

PARKING FEE

Until September 2) Daily \$5.00/vehicle
 Season Pass \$20.00

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

Who's at the Zoo?

KuneKune pigs, ring-tailed lemurs, naked mole rats, plains zebras, Pallas's cat and more! Learn more about the wild and wonderful animals that call the Zoo home.

Forestry Farm Park

Discover carefully crafted garden spaces, picnic sites, fishing pond, walking trails, a naturally-themed playground and so much more at the Forestry Farm Park. Whether your visit is lively and exciting or quietly reflective, the experience is sure to be a memorable one.

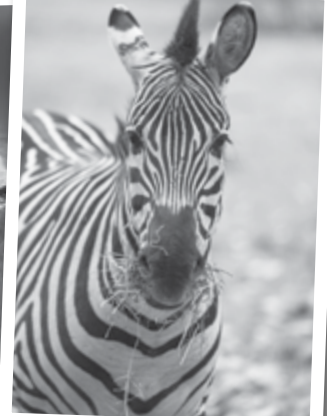
Rental Facilities

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.

Saskatoon Zoo Foundation

The Saskatoon Zoo Foundation raises funds for capital projects and improvements within the Zoo while connecting citizens to nature. Help us build the bears a new home by visiting the BHP Enchanted Forest Holiday Light Tour November 15-January 5. For more information visit saskatoonzoofoundation.ca.

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 and Saskatoon Zoo Society.



EdZOOcational Opportunities

The Saskatoon Zoo Society offers a variety of curriculum-based education programs for all ages. For more information or to register, visit saskatoonzoosociety.ca or call 306-975-3395.

Additional onsite and virtual programs are available for school groups, preschools, homeschoolers, senior groups and more. Visit our website for a full listing of programs and events or to book your next Birthday Party.

Pond Dipping (all ages)

Aug 1-Sep 1 M-Su 10:30 AM-12:30 PM FREE*
 Aug 1-Sep 1 M-Su 01:30 PM-03:30 PM FREE*

Summer Interpretation (all ages)

Hands-on activities in the Lions Pavilion
 Aug 1-Sep 1 W-Su 10:30 AM-3:30 PM FREE*

Fall Animal Antics (4-5 yrs)

Animal adventures, games, stories and crafts.
 Sep 11-Oct 30 W 09:30 AM-11:30 AM \$100

Storytime at the Zoo (all ages)

Doors open at 1:00 PM (space is limited). Share a story and songs and meet one of the Zoo's animal ambassadors.
 Nov 26/28 T/Th 01:30 PM FREE*
 Dec 3/5 T/Th 01:30 PM FREE*
 Dec 10/12 T/Th 01:30 PM FREE*

Young Naturalists Programs (5-11 yrs)

Register at saskatoonnaturekids@gmail.com.
 Nov 2 Bird feeder workshop TBD
 Dec 27 Christmas Bird Count for Kids FREE

Zoo Crew PD Days (5-12 yrs)

Oct 11 F 09:00 AM-04:00 PM \$50
 Nov 8 F 09:00 AM-04:00 PM \$50

Additional dates will be added. Visit saskatoonzoosociety.ca for the latest information.

* With Zoo admission



Find Your Space!

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 any occasion at saskatoon.ca/facilityrentals.



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

INDOOR LEISURE CENTRES

Leisure Centres can accommodate groups for almost every kind of occasion. 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

* Harry Bailey Aquatic Centre is closed for facility upgrades.

Rental space is available outside of scheduled programming.

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, 2024 to August 31, 2025; GST extra)

RENTAL SPACE	HOURLY FEE*	CCC	LWC	LCC	HBC	SFH	SCC
Small Meeting Room	\$22.50	●	●		●	●	●
Large Meeting Room	\$33.80	●			●		●
Multi-Purpose Room	\$33.80	●	●	●	●	●	●
Theatre	\$33.80	●			●		●
Gymnasium	\$57.50	●	●		●		●
Competitive Pool	\$296.50				Diving Boards 8 Lanes		Diving Boards 50m, 10 Lanes
Leisure Pool	\$160.00		Waterslide 25m, 4 Lanes	Wave Pool 25m, 4 Lanes	25m, 6 Lanes		
Warm Up Pool	\$120.00						25m, 6 Lanes
Family Pool	\$120.00						Waterslide & Watertoys
Indoor Track	\$158.30 \$79.15					200m 6 Lanes	165m 3 Lanes
Sports Court	\$39.60					●	
Racquetball / Wallyball Court	\$33.80 [^]	●					
Track Warm-Up Area	\$45.20					●	

Additional charges are added to after hours rentals. Inquire for details. [^]Price includes applicable taxes.

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

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:

- Park & River Landing Event Space
- Vimy Memorial Band Shell
- Saskatoon Forestry Farm Park & Zoo (call 306-975-3382 for information)

- Nutrien Playland at Kinsmen Park (call 306-975-2951 for information)

For more information:

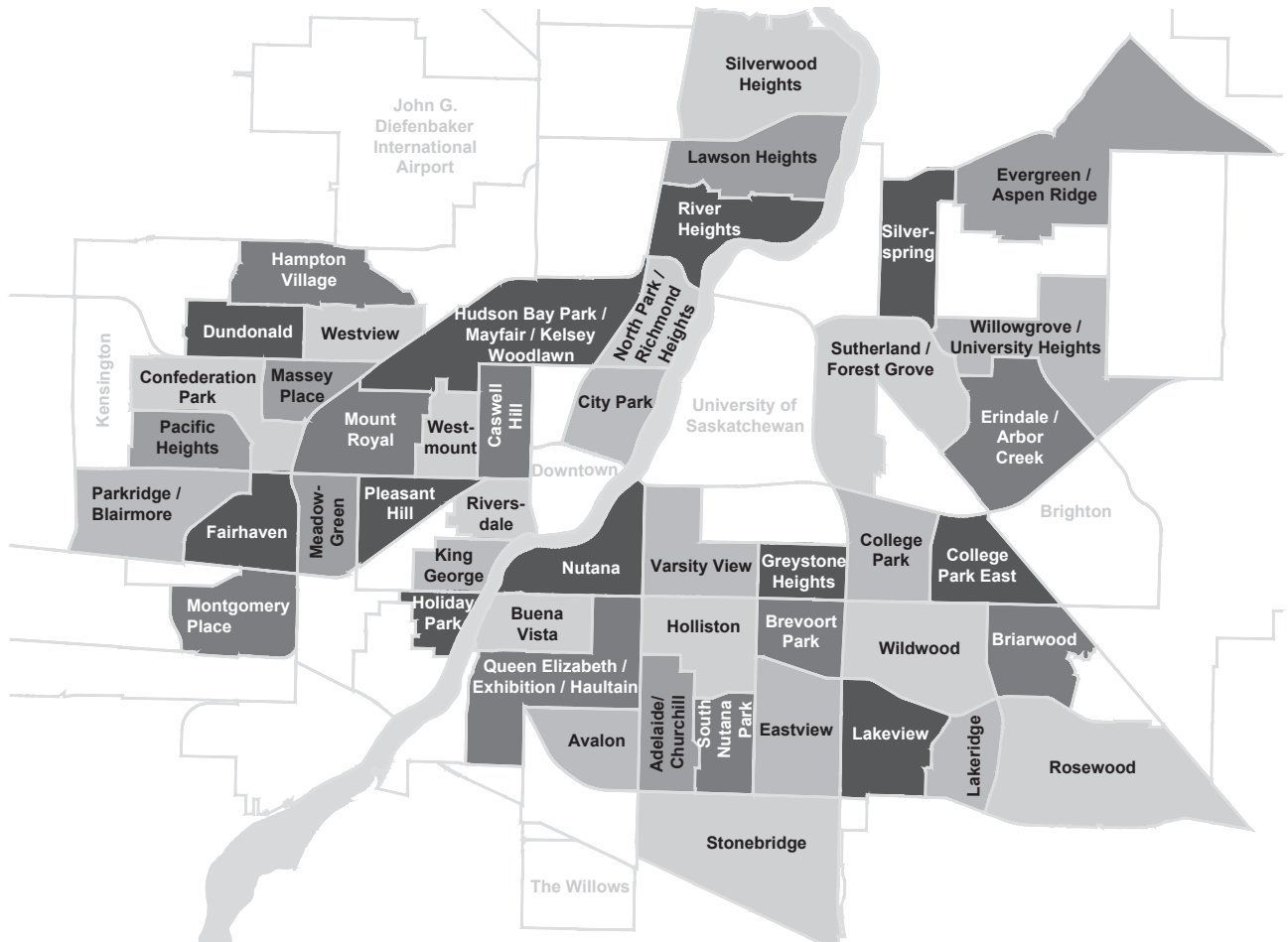
For more information regarding rink, sports field, other unique facility rentals or assistance in selecting a location that is right for your event, contact the Allocations Office at allocations@saskatoon.ca.



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.** To find the perfect program for you or your family visit saskatoon.ca/communityassociations or refer to your Community Association’s newsletter, website or Facebook page.
- **Outdoor rinks.** Enjoy free skating at over 50 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 volunteer with your neighbourhood Community Association. Learn more at saskatoon.ca/volunteer.

To discover more about Community Associations and their program offerings, visit saskatoon.ca/communityassociations or call 306-975-3378.



For complete, up-to-date program listings and registration information, 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: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per household
Web: www.myapcca.ca
Email: info@adelaidchurchill.ca
Facebook: www.facebook.com/adelaidparkchurchillcommunityassociation
Outdoor Rink(s): Hugh Cairns VC School, 2621 Cairns Avenue
 Thur 7-9 PM / Fri 3:30-5 PM
 St. Philip School, 1901 Haultain Avenue
 Wed 3:30-5 PM / Sun 11:30 AM-4 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

AVALON

In-person registration: See website/Facebook for details
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
 Mon & Wed 6-8 PM / Sun 1-3 PM

Programs include: ADULT: Boot Camp • Yoga • YOUTH: Masterchef • Home Alone • Babysitting Course • Tae Kwon Do • CHILDREN: Beginner Ballet • PRESCHOOL: Tiny Tots Ballet

BREVOORT PARK

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/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: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

BRIARWOOD

Online registration: See website/Facebook for details
Annual membership: \$15 per household
Web: www.briarwoodca.com
Email: briarwoodipc@gmail.com
Facebook: www.facebook.com/Briarwood-Community-Association-Saskatoon-1660240454205476/
Outdoor Rink(s): Briarwood Park, 602 Briarwood Road

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

BUENA VISTA

In-person registration: See website/Facebook for details
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
 Mon 6-8 PM / Fri 8-10 PM / Sat 1-3 PM

Programs include: ADULT: Yoga • Pilates • Zumba • Pickleball • Boot Camp • Social Dance • Book Club • Volleyball • CHILDREN: Drop-in Soccer* • Soccer • PRESCHOOL: Family Kinder Gym • Kinder Soccer

CASWELL HILL

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.caswellhill.ca
Email: programs@caswellhill.ca
Facebook: www.facebook.com/CaswellCA
Outdoor Rink(s): Caswell School, 204 30th Street West
 Tue & Thu 7-9 PM / Sun 2-4 PM

Programs include: ADULT: Ball Hockey. A variety of fun programs are being planned for all ages. Please refer to our website for more information.

CITY PARK

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.cityparksask.ca
Email: cityparkprograms@gmail.com
Facebook: www.facebook.com/CityParkSask
Outdoor Rink(s): Affinity Credit Union, 710 Duke Street
 Tue & Thu 6-8 PM / Sun 12-2 PM

Programs include: ADULT: All Level Yoga • Men's Basketball • Pickleball/Badminton • PARENT & CHILD: Family Gym Time*

COLLEGE PARK RECREATION ASSOCIATION (CPRA)

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.collegeparksaskatoon.com
Email: outdoor@collegeparksaskatoon.com
Facebook: @CPRAYXE
Twitter: @CPRAYXE
Outdoor Rink(s): Dr. Gerhard Hertzberg Park, 131 Campion Crescent

Programs include: Programs include: ADULTS: Yoga • Tai Chi • Learning Spanish • Drop-in basketball • PARENT & CHILD: Family open gym • Youth: Learn to play basketball • Soccer

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



CONFEDERATION PARK

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
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
Thu 6-8 PM / Sat & Sun 1-3 PM

Programs include: ADULT: International Cooking • Zumba • Basketball • Pickleball • Learn to Pickleball* • Badminton • YOUTH: Youth Drop-in (multi-sport)

DUNDONALD

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
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
Wed & Fri 7-9 PM / Sun 2-4 PM

Programs include: ADULT: Wine and Paint Night • YOUTH: Drop-in Girls Basketball • SMBA Basketball • Youth Pickleball • CHILDREN: SMBA Basketball • Intro to Gymnastics • PRESCHOOL: Kindersport

EAST COLLEGE PARK

Online registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.ecpark.ca
Email: ecpcbboardmember@gmail.com
Facebook: www.facebook.com/eastcollegepark
Outdoor Rink(s): St. Augustine School, 602 Boychuk Drive

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

EASTVIEW

Online registration: See website/Facebook for details
In-person registration: In person by request
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
Pope John Paul II School, 3035 Arlington Avenue

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

ERINDALE / ARBOR CREEK**

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.erindalearborkreek.org
Email: eacca@erindalearborkreek.org
Facebook: www.facebook.com/EACCA-Saskatoon
Twitter: @EACCA-Saskatoon
Instagram: @eaccask
Outdoor Rink(s): Quinn Stevenson Memorial, 225 Kenderdine Road
Mon & Wed 4-6 PM / Sat 10 AM-12 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

EVERGREEN / ASPEN RIDGE**

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.earca.ca
Email: indoor.coordinator@earca.ca
Facebook: www.facebook.com/saskatoonevergreen
Outdoor Rink(s): Funk Park, 628 Manek Road

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

FAIRHAVEN

In-person registration: See website/Facebook for details
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
Thu 6-8 PM / Sat 1-3 PM / Sun 3-5 PM

Programs include: ADULT: Co-ed Volleyball • Seniors Pickleball • CHILDREN: Soccer

GREYSTONE HEIGHTS

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.thegreystone.ca
Email: jtrifel@shaw.ca
Facebook: www.facebook.com/greystoneheights
Outdoor Rink(s): Greystone School, 2721 Main Street
Fri 6-8 PM / Sat & Sun 12-2 PM & 7-9 PM / Sun 2-4 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

HAMPTON VILLAGE

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.saskhvca.com
Email: contact@saskhvca.com
Facebook: www.facebook.com/hamptonvillage
Outdoor Rink(s): St. Lorenzo Ruiz School, 1023 Hampton Circle
Thu 6-8 PM / Sat & Sun 2-4 PM

Programs include: ADULT: Pickleball • Yoga • Bootcamp • Volleyball • Spanish • Daytime Cards, Games & Coffee* • Daytime Karate / Self-Defence • YOUTH: Kickboxing • Co-ed basketball • Youth Connection • CHILDREN: Dance • SYS Soccer • PRESCHOOL: Dance • Kindersoccer • Daytime Storytime Dance Party

HOLIDAY PARK

In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.holidayparksaskatoon.ca
Email: holidaypark.programs@gmail.com
Facebook: www.facebook.com/hpca306
Outdoor Rink(s): St. John School, 1205 Avenue N South
Mon 6-8 PM / Thu 5:30-7:30 PM / Sun 12:30-2:30 PM

Programs include: ADULT: Yoga • Pickleball • YOUTH: Basketball • Floor Hockey • Volleyball • CHILDREN: Kids Sports & Play • Open Gym • Toddler Programming

Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's search tool at
saskatoon.ca/communityassociations to find the best neighbourhood
programs for your interests, age and location.

HOLLISTON

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.hollistoncommunityassociation.com
Email: hollistonca@hotmail.com
Facebook: www.facebook.com/HollistonCA
Outdoor Rink(s): Holliston School, 1511 Louise Avenue
Tue & Thu 7-9 PM / Sat 10 AM-12 PM / Sun 3-5 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

HUDSON BAY PARK / MAYFAIR / KELSEY WOODLAWN

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: https://hudsonmayfairkelsey.wordpress.com/
Email: hbpmkwindoor@gmail.com
Facebook: www.facebook.com/hbpmkw
Outdoor Rink(s): Henry Kelsey School, 16 Valens Drive
Wed 7-9 PM / Sat & Sun 1-3 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

KING GEORGE

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.kgcommunity.org/programs
Email: kgcasask@gmail.com
Facebook: www.facebook.com/kgcask
Outdoor Rink(s): King George School, 721 Avenue K South
Mon & Wed 6-8 PM / Sun 2-4 PM

Programs include: ADULT: Yoga • YOUTH: Youth Makerspace* • CHILDREN: Open Gym* • PARENT & CHILD: Family Fun Nights*

LAKERIDGE

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per individual/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: Zumba • Rec. Basketball • Yoga • YOUTH: Basketball • Soccer • Learn to Play Volleyball • CHILDREN: Dance

LAKEVIEW

Online registration: See website/Facebook for details
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: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

Outdoor Community Rinks

Community Associations own and operate over 50 community rinks for the public to enjoy. These rinks also offer specific times when supervised skating can occur without sticks or pucks. Check out your Community Association's website or Facebook page for details on supervised skate times, or visit saskatoon.ca/outdoorrinks for more information. HAVE FUN!

LAWSON HEIGHTS

Online registration: See website/Facebook for details
In-person registration: Email programs@lawsonheights.ca if unable to register online
Annual membership: \$10 per individual/family
Web: www.lawsonheights.ca
Email: programs@lawsonheights.ca
Facebook: www.facebook.com/lawsonheights
Outdoor Rink(s): Lawson Heights School, 430 Redberry Road
Sat 12-2 PM / Sun 2-4 PM
St. George School, 748 Redberry Road
Wed 4-6 PM / Sat 2-4 PM / Sun 4-6 PM

Programs include: ADULT: Badminton • Pickleball • YOUTH: Basketball • Soccer

MASSEY PLACE

Online registration: www.masseyplace.org/programs
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.masseyplace.org
Email: organizer@masseyplace.org
Facebook: facebook.com/MasseyPlaceCommunity.Saskatoon.SK
Outdoor Rink(s): Vincent Massey School, 1001 Northumberland Avenue
Thu 6-8 PM / Sat & Sun 1-3 PM

Programs include: ADULT: Pickleball • Volleyball • Floor Hockey • Zumba • Yoga • YOUTH: Volleyball • Karate • CHILDREN: Karate

COMMUNITY RECREATION GROUP OF MEADOWGREEN

In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.crgmeadowgreen.com
Email: crgmca@saskatoon.ca
Outdoor Rink(s): WP Bate School, 2515 18th Street West
Tue & Thu 5-7 PM / Sun 1-3 PM

Programs include: ADULT: Drop-in Soccer* • Sepak Takraw/Volleyball* • YOUTH: Floor Hockey League* • CHILDREN: Soccer Skills & Games

MONTGOMERY PLACE

In-person registration: See website/Facebook for details
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
Fri 6:30-8:30 PM / Sat & Sun 1-4 PM

Programs include: ADULT: Cardio Step • Water Colour Club • Muscle Sculpt • Yoga (Various Levels) • Pickleball • Zumba • YOUTH: Basketball • Red Cross Stay Safe • Red Cross Babysitters Course • CHILDREN: Art • Basketball • PRESCHOOL: Open Gym

MOUNT ROYAL

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.mountroyalxe.ca
Email: MountRoyalPrograms@gmail.com
Facebook: www.facebook.com/MRCA.Saskatoon
Outdoor Rink(s): Howard Coad School, 431 Avenue T North

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.



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

*FREE programs

NORTH PARK / RICHMOND HEIGHTS

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
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
Tue & Thu 6-8 PM / Sat 1-3 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

NUTANA

Online registration: Aug 19-Sept 13
Annual membership: \$10 per individual/family
Web: www.nutana.ca
Email: programming@nutana.ca
Facebook: www.facebook.com/nutanacommunityassociation
Outdoor Rink(s): Ecole Victoria School, 639 Broadway Avenue
Idylwyld Park, 225 Poplar Crescent

Programs include: ADULT: All levels Yoga • Muscle Sculpt • Volleyball • Badminton • YOUTH: Yoga • Rec Soccer

PACIFIC HEIGHTS

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.pacificheights.ca
Email: info@pacificheights.ca
Facebook: www.facebook.com/pacificheightsca
Outdoor Rink(s): Lester B. Pearson School, 3732 Centennial Drive
Mon & Wed 7-9 PM / Sat 2-4 PM

Programs include: ADULT: Boot Camp • Yoga • Strength Class • Floor Hockey • YOUTH: Basketball • CHILDREN: Floor Hockey • PARENT & CHILD: Kindersoccer

PARKRIDGE

In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Web: www.parkridgecommunity.ca
Email: parkridge.indoorprograms@gmail.com
Facebook: www.facebook.com/parkridge.saskatoon
Outdoor Rink(s): St. Marguerite School, 1235 McCormack Road
Mon & Wed 6:30-8:30 PM / Sat 2-4 PM

Programs include: ADULT: Yoga • Pickleball

PLEASANT HILL

In-person registration: Registration available at first program class
Annual membership: No membership fee is required
Email: phcaprograms@gmail.com
Facebook: www.facebook.com/pleasanthillcommunityassociation

Programs include: A variety of fun programs are being planned for all ages. Please refer to our Facebook for more information.

Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's search tool at saskatoon.ca/communityassociations to find the best neighbourhood programs for your interests, age and location.

QUEEN ELIZABETH / HAULTAIN (WEST HALF) / EXHIBITION

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.qexca.ca
Email: programs@qexca.ca
Facebook: www.facebook.com/qexca
Outdoor Rink(s): Achs Park, 102 Elm Street
Sat & Sun 12-3 PM
Queen Elizabeth School, 1905 Eastlake Avenue

Programs include: ADULT: Badminton • Pickleball • Beginner Yoga • Zumba • STRONG by Zumba • PRESCHOOL: Tiny Tots Soccer

RIVERSDALE

In-person registration: See website/Facebook for details
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
Tue & Thu 6-8 PM / Sun 1-3 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

RIVER HEIGHTS

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: No membership fee required
Web: www.riverheights.sk.ca
Email: rhcprogramming@gmail.com
Facebook: www.facebook.com/RiverHeightsCommunityAssociation
Outdoor Rink(s): Ecole River Heights School, 60 Ravine Drive
Tue & Thu 6-8 PM / Sat 12-3 PM

Programs include: ADULT: Badminton • Yoga • Women's Martial Arts • Pickleball • YOUTH: Soccer • Badminton • Flag Football Skills • Basketball • Powerskating

ROSEWOOD

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.myrosewood.ca
Email: programs@myrosewood.ca
Facebook: www.facebook.com/myrosewoodca

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

SILVERSPRING**

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.silverspringcommunity.ca
Email: indoorcoordinator@silverspringcommunity.ca
Facebook: www.facebook.com/SilverspringCommunityAssociation
Outdoor Rink(s): Silverspring Park, 610 Konihowski Road
Wed 7-9 PM / Sat & Sun 2-4 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

Cross Country Skiing

Some Community Associations sponsor the placement and grooming of ski trails in neighbourhood parks across the city. Visit saskatoon.ca/ski for locations. HAVE FUN!

SILVERWOOD HEIGHTS

Online registration: See website/Facebook for details
Annual membership: \$10 per individual/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
Wed 5-7 PM / Sat & Sun 12-2 PM

Programs include: ALL AGES: Family Fitness • ADULT: Butts and Guts • Low Impact • Core with a Little More • Zumba • Volleyball • Piloxing • Tabata Tone • Pickleball • Yoga • Women's Fitness • YOUTH: Basketball • Stay Safe • Babysitting • Teen Fit • CHILDREN: Soccer • Basketball • Floor Hockey • Song and Dance • Ballet/Jazz • PRESCHOOL: Soccer Fun • Creative Dance • Movement and Music • PARENT & CHILD: Sports Fun

SOUTH NUTANA PARK

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per household
Web: www.snpc.ca
Email: snpca.programs@gmail.com
Facebook: www.facebook.com/snpc
Outdoor Rink(s): Ecole Canadienne Fracncaise, 2410 Wellington Avenue
Wed 4-6 PM / Sat & Sun 10 AM-12 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

STONEBRIDGE

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.ourstonebridge.ca
Email: ourstonebridge.programs@gmail.com
Facebook: www.facebook.com/stonebridgeyxe

Programs include: YOUTH: Basketball • CHILDREN: Basketball • Soccer • A variety of fun programs are being planned for all ages. Please refer to our website for more information.

SUTHERLAND / FOREST GROVE

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
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: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

VARSITY VIEW

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
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
Tue & Thu 6-8 PM / Sat 12-2 PM

Programs include: ADULT: Yoga • Badminton • Shine Fitness • Dance • Photography • Conversational Italian & Spanish • YOUTH: Tae Kwon Do • CHILDREN: Tae Kwon Do • Art • PRESCHOOL: Tae Kwon Do • Soccer • Basketball

WESTMOUNT

In-person registration: See website/Facebook for details
Annual membership: No membership fee is required
Email: westmountcommunityassociation@gmail.com
Facebook: www.facebook.com/westmountcommunity
Outdoor Rink(s): Wesmount Community School, 411 Avenue J North
Tue & Thu 6-9 PM / Sun 2-5 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

WESTVIEW HEIGHTS

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.westviewhome.net
Email: westview.programs@gmail.com
Facebook: www.facebook.com/WestviewHome
Outdoor Rink(s): Caroline Robins School, 1410 Byers Crescent
Sat & Sun 1-3 PM / Thu 6-8 PM

Programs include: ADULT: Zumba • Yoga • Pickleball • Women's Woodworking • Baked Glass Art • Paint Night • YOUTH: Volleyball • Basketball • Baked Glass Art • Youth Night • CHILD: Soccer

WILDWOOD

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.ourwildwood.ca
Email: programs@ourwildwood.ca
Facebook: www.facebook.com/WildwoodSaskatoon
Outdoor Rink(s): Bishop Pocock School, 227 Avondale Road
Tue & Thu 6-8 PM / Sun 2-4 PM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.

WILLOWGROVE / UNIVERSITY HEIGHTS

Online registration: See website/Facebook for details
In-person registration: See website/Facebook for details
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
Thu 4-6 PM / Sat & Sun 9-11 AM

Programs include: A variety of fun programs are being planned for all ages. Please refer to our website for more information.



For complete, up-to-date program listings and registration information, 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! Thousands of copies of the City of Saskatoon Leisure Guide are distributed throughout the city as well as found online. To advertise in the next Leisure Guide, call The StarPhoenix at 306-491-0953.

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SASKATCHEWAN ADAPTIVE SPORTS

Are you or someone you know looking for more information about Adaptive Sport opportunities and programs in your community?

- Want to Get Active?
 - Want to Meet New People?
 - Want to Continue your Career as an Athlete?
 - Want to Learn More about Adaptive Sport?
- Connect with Us Today!



Goal Ball
 Wheelchair Basketball
 Wheelchair Rugby
 Para Nordic Skiing
 Adaptive Water Sports
 Blind Golf



Blind Hockey
 Para Athletics
 Wheelchair Tennis
 Para Alpine Skiing
 Para Ice Hockey
 Blind Bowling



Scan the QR code to connect today!
 Contact: Greg Cooper - Adaptive Sport Coordinator
 greg@swsa.ca • 306-975-0824





**Saskatoon
Seniors
Continued
Learning
Inc.**

SASKATOON SENIORS CONTINUED LEARNING INC. (SSCL)

**Fall Classes- all offered by Zoom
(several classes in U of S classroom)**

Online registration opens August 12, 2024 and closes August 16, 2024

No exams, no essays, just the joy of learning. That's what SSCL offers to its members. Eligible 55+ years of age. The cost is \$60 per class and yearly membership fee of \$5. Classes begin the week of September 17, 2024.

- Explorations in Music Trends in Popular Music During the 1960s
- Archeology of Mesoamerica
- Ethical Approaches to Contemporary Issues
- The Presidents Lecture Series: Curing the Worlds Diseases (17 separate topics Wed. PM)
- The Geoscience of Saskatchewan
- Anthropology Matters: Stories of People and culture
- Alexander and the Aftermath- Greece in the Hellenistic Age
- The Resurgence of the Right.

Visit <https://artsandscience.usask.ca/noncredit/sscl.php> for more details and to register.

For assistance email us at saskatoonseniorsscl@gmail.com or call 306-343-6773

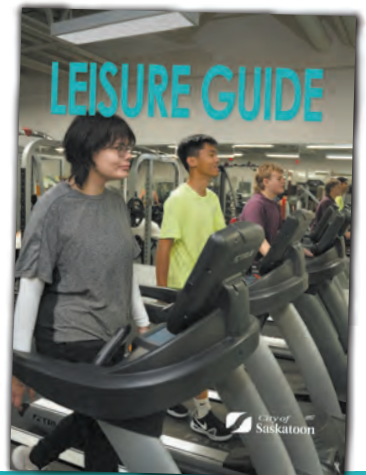
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GET IN THE GUIDE!

Does your organization or business offer arts, culture or recreational programs and services? If you do, you're invited to advertise in the City of Saskatoon Leisure Guide. The Leisure Guide is published three times a year and is available online at saskatoon.ca/leisureguide, or can be picked up at any City leisure facility, Saskatoon library or anywhere the StarPhoenix newspaper is sold.

DEADLINE for advertising in the 2025 Winter Leisure Guide is Friday, October 11, 2024.

BOOK TODAY! For more information, contact your StarPhoenix advertising consultant, call 1-306-203-3419, or visit saskatoonleisureguide.myip.co



Available November 15!

saskatoon.ca/leisureguide



Are you looking for a FUN & AFFORDABLE Dance Activity?

We have just the classes you are looking for. Join us on Tuesday Evenings.

German Dancing for Adults



For more Information or to join us for an Introductory Lesson contact us at concordiaalpenroseyx@gmail.com

German Dancing for Ages 3-18



For more Information & Free Introductory Lesson contact us at cjad2014@hotmail.com



Scouts. Bringing new adventures to life.

Scouts Canada provides all children and youth from ages 5 to 26 with opportunities to discover outdoor adventures like camping and hiking, give back to the community, make new friends and learn new skills.



Program Sections



Beaver Scouts Ages 5 - 7
Discover, share and make new friends.



Venturer Scouts Ages 15 - 17
Push your potential.



Cub Scouts Ages 8 - 10
The pack is calling!



Rover Scouts Ages 18 - 26
The world awaits.



Scouts Ages 11 - 14
Blaze your own trail.



Scouters & Volunteers Ages 14+
Gain new skills and help youth experience countless firsts.

Registration opens in September

Visit [Scouts.ca/join](https://scouts.ca/join) to find a Scout group near you with meeting nights that fit your family's schedule.

- 1st East Saskatoon: Monday and Tuesday
- 6th North Park: Tuesday and Thursday
- 51st Montgomery: Monday
- 52nd University Heights: Wednesday
- 56th Pacific Heights: Tuesday and Wednesday
- 64th Lakeview: Thursday

* Meeting nights vary depending on section.

Questions? Email 1yxe.scoutgroup@gmail.com.



2024-2025 SASKATOON MINOR HOCKEY REGISTRATION

Late Online Registration closes August 20, 2024

Register online with your home zone. Open to players born from 2007-2019

For more information:

www.smha.sk.ca smha@sasktel.net

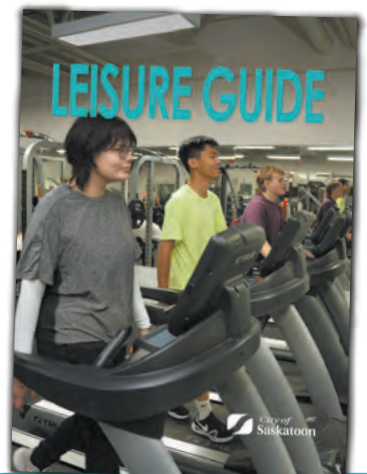
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BOOK TODAY! For more information, contact your StarPhoenix advertising consultant, call 1-306-203-3419, or visit saskatoonleisureguide.mylp.co



Available November 15!

saskatoon.ca/leisureguide





SPRING, SUMMER, FALL AND WINTER PROGRAMS AVAILABLE

Skate Saskatoon

ACT Arena -107, 105th Street, Saskatoon, SK



CanSkate and CanPowerSkate are dynamic learn-to-skate programs that focus on fun, participation and basic skill development. The programs use nationally-tested and proven curriculum and delivery methods that guarantee skater success. A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating. Canada's Best Skating Program.

STARSkate offers opportunities for skaters post CanSkate to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Group packages are available for STARSkate and Competitive skaters. The packages enhance performance and accelerate improvement.



Synchronized skating is a specialized discipline of skating involving groups of skaters performing various group formations and maneuvers. Synchro Skating is a team Sport. Teams are available for all ages beginner through adult.



FOR ADDITIONAL INFORMATION VISIT

WWW.SKATESASKATOON.COM

EMAIL: OFFICE@SKATESASKATOON.COM





Events ▶

Check our events guide and social media for updates!
saskatoonlibrary.ca/events

Whether you're looking for entertainment, learning opportunities or simply to relax, we've got great events for you. Best of all, events at SPL are always free!

Kids

Coding
Crafts
STEAM
Storytimes

Adults

Author Readings
Book Clubs
Career Planning
& Employment
Computer Help & Training
Financial Planning
Legal Help
Newcomer Supports
Writing Workshops

Teens

Board Games
2SLGTBQ+ Book Club
Video Gaming
Writing Workshops

Jump into Fall at SPL

Browse all offerings by location and create your own personalized events guide anytime!

Digital Library

Did you know you can enjoy the library from the comfort of home or on the go with any mobile device?

Visit the Digital Library to find great eResources ranging from books and movies to newspapers and skill-building tutorials. Some of our most popular services are listed below.

Explore the Digital Library today!
saskatoonlibrary.ca/digital



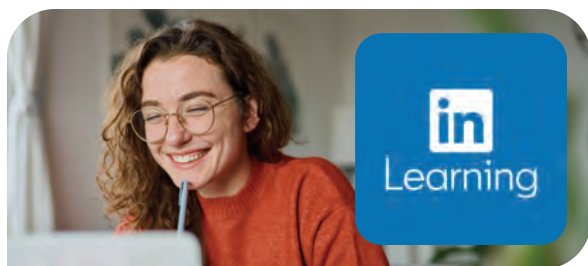
Libby

Enjoy eBooks, audiobooks and magazines through the OverDrive library.



PressReader

Access thousands of newspapers and magazines from Canada and around the world.



LinkedIn Learning

Learn business, software, tech and creative skills with educational videos.



Hoopla

Stream or download movies, TV, music, eBooks and audiobooks.

Free. For all!



REGISTRATION OPEN!

15 WEEK SESSION

STARTING
SEPT. 9, 2024

- No recitals, no dress codes & no costume fees
- Make up classes permitted
- Family discounts

WePlay WeLearn
WeGrow WeMove

Adult Fitness



Prenatal Classes



Postnatal Fitness



Music Together



Dance & Tumbling



PD DAY & SCHOOL CAMPS

AGES 5+

- Sports
- Dance
- Yoga
- Tumbling
- Hip Hop
- Games
- Arts & Crafts
- Mini Golf
- Outdoor Games & Picnics

WE MOVE ALSO OFFERS:

- Birthday Parties
- Private Classes
- School Classes
- And More

SAVE \$25
OFF ANY FALL ENROLMENT
PROMO CODE:
GUIDE

Must be used at the time of booking to qualify.

WWW.WEMOVESK.COM
INFO@WEMOVESK.COM

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




Dalmeny Skating Club

» **REGISTRATION NOW OPEN!!**

» **CANSKATE**

» **RISING STAR**

» **STAR SKATE**

AMAZING ARENA
HIGH CALIBRE COACHES
LOW COACH TO SKATER RATIO
ONLY 15 MINS FROM SASKATOON
IN DALMENY, SK

SESSIONS RUN ON
TUESDAYS & THURSDAYS
FOR THE
2024/2025 SEASON

REGISTER ONLINE OR EMAIL US FOR MORE INFORMATION

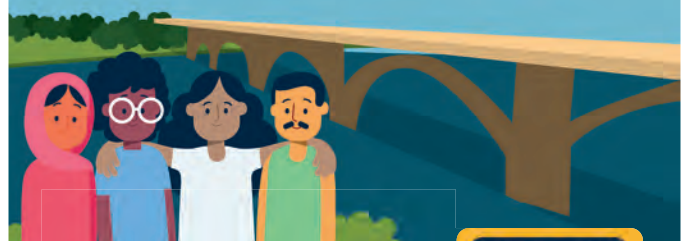
dalmenyskatingclub.com

dalmenysc@gmail.com

SASKATOON WELCOMING WEEK 2024 | **September 13th-22nd**

UNITING TO WELCOME NEWCOMERS TO SASKATOON

Fun FREE Events for Everyone



IPSK.CA

**SCAN TO SEE
EVENTS
CALENDAR**



Welcoming Week is a global annual event

Funded by: **City of Saskatoon** **Immigration, Refugees and Citizenship Canada** **Immigration, Réfugiés et Citoyenneté Canada**



Saskatoon Council on Aging Fall Programs

SENIORS NEIGHBOURHOOD HUB CLUBS

Free monthly socials for older adults 55 plus - 6 locations city wide!
Entertainment, educational presentations, light exercise, blood pressure checks and more

Mayfair Hub Club - 3rd Thurs of the month 1:30 to 4pm, Mayfair United Church - free to attend, no registration

Visit scoa.ca for all club information

Thanks to:

Community Initiatives Fund, Sask Lotteries,
Primrose Chateau

SCOA GLOBE WALK - *Do Yourself a World of Good*

Free annual fitness program for older adults 50 plus, runs Jan to April
Form a team, join an existing team or join the SCOA team.

Visit scoa.ca for more information



Thanks to
Community Initiatives Fund,
Saskatchewan Seniors Fitness Association.
Forever... in motion

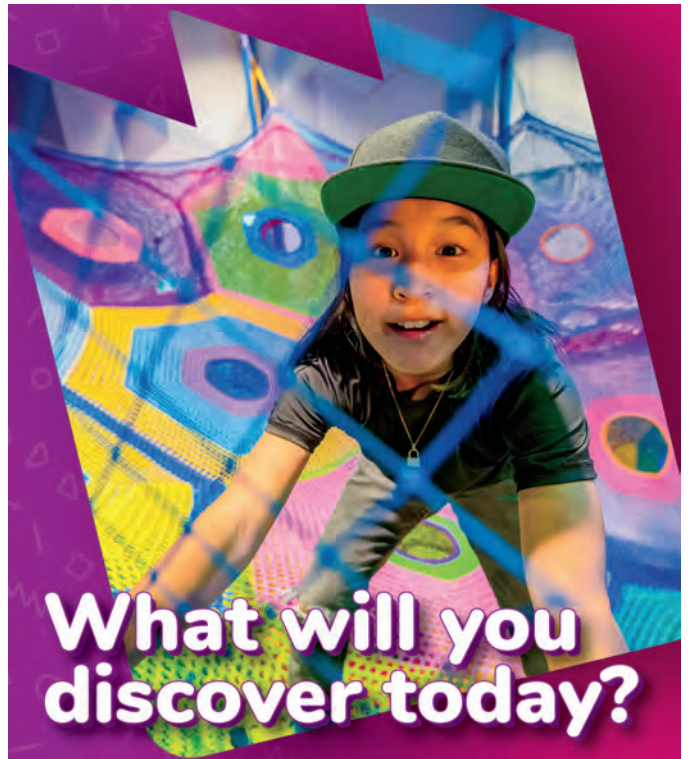
Discover & Learn with Classes & Workshops

Learn to use your iPhone, write a poem, or find a new pastime

Mon Sept 23 - Dream Workshop - \$10
Mon Sept 30 - Chair Exercises- \$10
PH 306.652.0149 to register

Saskatoon Council on Aging is a non-profit organization and resource hub serving older adults 55 +

2020 College Drive,
Saskatoon
306.652.2255
admin@scoa.ca
Facebook @scoa25



What will you discover today?

Admission \$9.50

Tuesday - Sunday 9:00 am - 4:30 pm

Birthdays • Camps • School Visits
Rentals • Family Programs • Memberships



Saskatchewan's only children's museum

950 Spadina Cres. E, Saskatoon, SK
wonderhub.ca



Are you looking for a **FUN & AFFORDABLE** Dance Activity?
 We have just the classes you are looking for. Join us on Tuesday Evenings.

German Dancing for Adults



For more Information or to join us for an Introductory Lesson contact us at concordiaalpenroseyx@gmail.com

German Dancing for Ages 3-18



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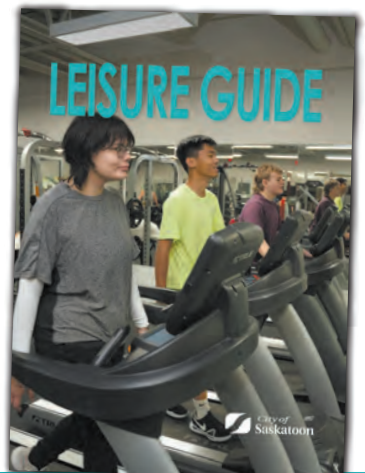
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Available November 15!

saskatoon.ca/leisureguide



萨城中文字学校

The Chinese Language School of Saskatoon

Mandarin Chinese Class:

Kindergarten to Grade 12 - Saturdays 1:30pm - 3:30pm

Adult Online Mandarin Chinese Class:

Beginner Class - Tuesdays 6:30 pm - 8:00pm

Intermediate Class - Wednesdays 6:30pm - 8:00pm

Advanced Class - Thursdays 6:30pm - 8:00pm

REGISTRATION DAY FOR 2024-2025

Date: September 7, 2024

Time: 1:00pm - 3:00pm

**Location: Aden Bowman Collegiate Institute
 (1904 Clarence Ave. S, Saskatoon)**



First Day of School: September 14, 2024

For more information, please visit <https://clssaskatoon.com/> or email chineselanguage@sasktel.net.



Saskatoon Track & Field Club

A Club For All Athletes From
Developmental to High Performance



Cross Country Program

Begins on September 3rd
Visit Our Website For Details



"We had all three of our kids at STFC this year and it has been an amazing experience for each of them! The coaches made it fun and made each child feel so welcome. What was most incredible, has been watching them learn and grow as athletes and people. They talk about inspiring role models who train alongside them. They want to improve. They set goals for the future. They are excited to see where next year takes them! We are truly grateful to STFC for the experience!" J. Miller



Track & Field and Cross Country
training for all athletes starting at 8 yrs old
with all Levels of Ability.
Indoor Season Sessions are held at the
Saskatoon Field House

Visit our Website for more information or to Register
www.saskatoontrackclub.com

Events offered

Sprints
Hurdles
Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put
Discus
Javelin

Endurance Running

Speed Training for
other sports



Michelle Harrison
Canadian Olympic Team



Michael Hussey
800m - U18 Youth
Commonwealth Team



Nicole Ostertag
National Team Member



Savannah Sutherland
Canadian Olympic Team



Ivan Tam - Head Coach
Hall of Fame Builder Inductee

Josh Tam
Legion Nationals
U18 Decathlon
Pole Vault Record 4.20m

Looking for a place to play?



YOUTH & ADULT SOCCER LEAGUES & PROGRAMS

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



Saskatoon Sports Centre

Come check out our new industry leading, elite turf!

WALKING SOCCER Drop-in, non-competitive, ideal for mobility issues. Instructor on site. Great for socializing. Wednesdays 10:30am - 12pm; Fridays 3 - 4pm.

LUNCH TIME DROP-IN SOCCER Gather co-workers, friends & family for a midday game. Mon - Fri 11am - 2pm

FITNESS CENTRE Cardio & strength training machines.

Mon - Fri 5 - 9pm & Sat/Sun 10am - 4pm.

Pricing for 3 programs above: \$6 Drop-in, \$15 Family Drop-in, \$50 Punch card. Details online, in person or by phone.

TERRY FOX WALKING TRACK *Check details with City* A City of Saskatoon service. Leisure Card or drop-in fee.



219 Primrose Drive

Sprung floors on all fields provide 65% less joint fatigue.

INDOOR WALKING PROGRAM Weather-free space to keep fit. Mon - Fri, 8am - 2pm; \$5 drop-in, \$35/mo, \$120/season

INDOOR PLAYGROUP Huge play spaces full of riding cars & toys! \$6/child; 10 punch card \$50. Mon - Fri 9:30 - 11:45am. Adults & under 1 are free.   

TODDLER BIRTHDAY PARTIES Mon - Fri 9am - 1pm \$60/party unlimited kids! In conjunction with Indoor Playgroup.

PICKLEBALL Variety of programs on the best courts in town! For details & to register go to saskatoonpickleballinc.ca.

Please check our website under **Sports & Programs** or call for the latest details.

bookings@saskatoonsoccer.com 306-975-3423

info@saskatoonsoccer.com 306-975-3400

www.saskatoonsoccer.com

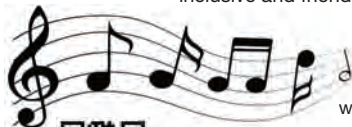


Your voice has a place in our chorus
SINGERS WANTED!

WOMEN 14 YEARS OF AGE AND OLDER

Join Magic City Chorus for our Guest Night
Tuesday September 10, 2024 @ 6:30 pm
Sutherland, Saskatoon

Discover the world of 4-part a cappella harmony.
If you can carry a tune, we can teach you the rest in a fun, inclusive and friendly atmosphere



View our video!
www.magiccitychorus.com
www.facebook.com/magiccitychorus

To register or for more information contact:
membership@magiccitychorus.com

Itcush Method AND Mitzvah Technique



Based on the Alexander Technique and Feldenkrais Method, Itcush Method (IM) 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. IM works to break unhealthy postural patterns that interfere with general health and well-being.

These exercises are for all ages and fitness levels. Bring back the mobility and movement you had as a child.

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

Kathy Morgan is a certified IM and MT teacher and is available for private sessions, classes, lecture demonstrations and workshops. Call or Text Kathy at 306-371-7352 or e-mail km.morgan@hotmail.com

Classes TBA for Fall 2024 on website.
Check out www.kmbodywork.com for more information

LEARN TO SCUBA DIVE

All the adventure, fun and excitement of the underwater world can be yours when you become a certified diver.

PADI Open Water Courses

- Scuba Courses start and finish every month
- Includes Crew Pack (manual, ERDPML, log book) equipment for pool sessions.
- Course tuition is tax deductible.
- Certify with PADI, The World's Largest training agency.



Not sure? Try a "Discover Scuba" | **\$89.99**



THE DIVING CENTER

17-844 51st Street Saskatoon
306.652.9090
thedivingcenter@sasktel.net



www.thedivingcenter.ca

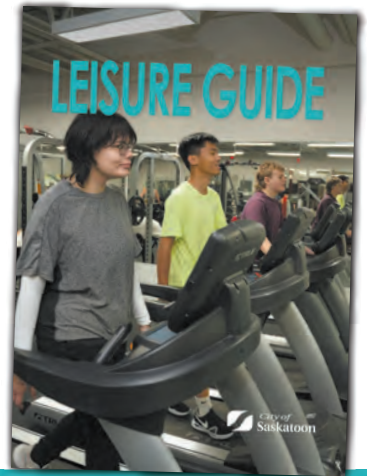
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Available November 15!

saskatoon.ca/leisureguide



GYMNASTICS DANCE SWIM

**WE DO ALL THREE
AT THE SAME TIME**
WHILE HOLDING OUR BREATH!

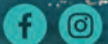
SASKATOON AQUALENES ARTISTIC SWIMMING CLUB



Open to ages 5 - Adult

RECREATIONAL, PROVINCIAL & NATIONAL STREAM TEAMS

Register Online www.saskatoonaqualeenes.com



KARATE

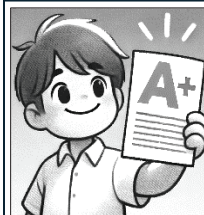


Life Skills
Self Defense
Respect
Classes for men,
women & children
of all ages
Free trial class

506 Duchess Street
Located in City Park

306-382-7434

www.midwestkarate.com



NeuroLift +

- ♥ Unlock your child's full potential!
- ♥ Address learning challenges including **dyslexia**
- ♥ One-on-one sessions
- ♥ Weekly meetings, home exercises, parent guidance

DiscoveryMath

- ♥ Personalized one-on-one Math classes, grades 1-12
- ♥ Make Math interactive and fun
- ♥ Develop logical thinking
- ♥ All ability levels, gifted student programs

Visit DiscoveryMath.ca for more information

Piano • Guitar • Drums • Strings • Brass • & more!

Register For Music Lessons Today.

Why Choose Long & McQuade?

Music lessons for all ages, stages, and styles.
 Professional instructors make learning fun.
 Convenient lesson times for busy families.
 No registration fees. Affordable instrument rentals.

In-person
and on-line
lessons
available



CALL, TEXT OR EMAIL!

Long & McQuade
 MUSICAL INSTRUMENTS
 long-mcquade.com

721 43rd St. E
 (306) 500-7541

saskatoonlessons@long-mcquade.com

617 8th St. E
 (306) 700-2933

saskatoonsouthlessons@long-mcquade.com



Marian Gymnastics

FALL SESSIONS

FALL REGISTRATION OPENS
 JULY 31ST, 2024 AT NOON

FOLLOW US FOR CLASS UPDATES

- /MARIANGYMCLUB
- MARIANGYMNASTICSClub
- @MARIANGYMCLUB

SPECIALTY CLASSES
 ACRO, TRAMPOLINE
 & TUMBLING,
 PARKOUR, AND
 SPECIAL NEEDS



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 6-14 including CAN GYM.



337 EDSON STREET,
 ADMINMARIAN@GMAIL.COM - 306.934.0944
 REGISTER AT MARIANGYM.COM



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.

Tuesdays-September 17 to December 10, 2024
 7:30 pm to 9:30 pm

River City Squares at McClure United Church Hall
 4025 Taylor Street E., Saskatoon

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

Join us for two introductory evenings on September 17 and 24
 Cost: \$5 per introductory night; \$112 for the term (13 dances)

For more information contact:
Eldon at 306-253-4453 or Vera at 306-683-0266

Saskatchewan Square and Round Dance Federation Inc.

www.sksquaredance.ca

Supported by



"Dance for the Health of It!"

READY TO PUT YOURSELF
 FIRST?

EMBRACE SELF-CARE WITH
 YOGA



8-week Beginner

Yoga Program for Relieving Stress
 for Feminine Health

Mondays 6PM | #130-810 Central Ave
 Saskatoon

Start:
 September 9th | Price: \$200

Runs for 8 weeks | karmaburnyoga@gmail.com



SIGN UP

by visiting www.karmaburnyoga.com



Saskatoon Camera Club

For Photo Enthusiasts for all ages
and skill levels

Meetings on select Tuesdays each month

Registration & Information Night:
September 17th, 6pm

Mayfair United Church, 902 33rd Street West

More information at
www.SaskatoonCameraClub.com

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saskatoon.ca/leisureguide

SASKATOON YOUTH SOCCER INC.

Indoor Season 2024-25:

Register in June to August - register early to avoid late fees

Mini U5 – U9: Oct 19 – Mar 16 (14 games)

Youth U11 – U13: Oct 18 – Mar 14 (16 games Alliance & 14 games City League)

Youth U15 – U19: Nov 1 – Mar 9 (15 games Alliance & 14 games City League)

Registration:

Register with Community or Zone Association according to birth year.

Community & Zone coordinates registration, coaches, equipment, and practices.

SYSI coordinates league schedule and operations.

Birth Year	Age Group	Register With:
2020	Under-5	Community Association
2018-19	Under-7	Community or Zone Association
2016-17	Under-9	Community or Zone Association
2014-15	Under-11	Zone of Residence (boundaries)
2012-13	Under-13	Zone of Residence (boundaries)
2010-11	Under-15	Zone of Residence (boundaries)
2008-09	Under-17	Zone Association of choice
2006-07	Under-19	Zone Association of choice



saskatoonyouthsoccer.ca

Tentative Game Days, Registration, and Contact Information for Community and Zone Associations available online.



150 Nelson Road
Saskatoon,
Saskatchewan
S7S 1P5



What: Free Summer Drop-In Soccer for All Ages

When: Mon to Fri ~ July 2nd to Aug 22nd

Visit our website for a program schedule after June 27

Where: City of Saskatoon Playground Sites

For more info: www.SaskatoonYouthSoccer.ca Or call: 306-975-3413





Social Work & Counselling Services

Is your child withdrawing from certain activities they once enjoyed?

Does your child have a hard time staying focused when completing their homework?

Is your child nervous or scared to go to school, play with their friends or they always want to stick closer to you?

We can help!

- Individual Coaching & Counselling
- Group programming for Children
- Anxiety & Depression
- ADD & ADHD Coaching
- Stress & Coping Techniques
- Mindfulness Practices
- Self Regulation and Anger Management Strategies
- Self Esteem and Awareness
- And more...

Psychology Services

Does your child struggle to keep up in the classroom or become easily distracted?

Is your child struggling with anxiety, stress, or always getting into trouble?

Is your child showing signs of lagging behind in their learning or play skills?

We can help!

- Psychoeducational Assessments
- Behavioural Assessments
- Learning Disorder Diagnosis
- ADHD / Anxiety Diagnosis & Coaching
- School & Self Esteem Supports
- Developmental Delays
- Peer Relationships
- Parent & Client Education
- And more...

Booking now!

Unlock your potential, gain confidence and express your unique self to the world!



For access to active daily living, communication, learning tips and information about your upcoming programs, sign up for our monthly newsletter at thesln.com

📍 thesln.com
 📞 306-933-3222
 📱 [theslnca](https://www.facebook.com/theslnca)
 📧 [sln.speech.ot.therapy.yxe](https://www.instagram.com/sln.speech.ot.therapy.yxe)

Services may be covered and/or partially covered by your extended health care benefits. Other funding options may be accessed in Saskatoon on a case by case basis.



Occupational
Therapy Services

Speech-Language
Pathology Services

Educational Psychology
& Counselling Services

The Speech Language Network's Fall Group Programming:



• The Social Explorers

For ages 3-4 with their parent(s)
To assist with building the child's play & social interaction skills with others.

• Kids Chat Jr & Kids Chat

For ages 3-15 & 5-8 years
To facilitate speech-language development, vocabulary & sound awareness.

• The Emotion Renegades

For ages 7-10 & 11-13 years
To assist with understanding their emotions, improving their ability to self regulate & engage in calming strategies.

• The Social Detectives

For ages 4-7 years
To support kids in understanding their social world around them & how to connect more with those in their environment.

• The Social Ninjas

For ages 8-12 years
For kids looking to build their speech-language & social language skills.

• The Social Breakfast Club

For ages 15+ years
To assist with self confidence, social nuances, building connections & life transitions.

To find out more about direct sessions, group programming or to register for a group contact us at thesln.com

Unlock your potential, gain confidence and express your unique self to the world!



For access to active daily living, communication, learning tips and information about your upcoming programs, sign up for our monthly newsletter at thesln.com

thesln.com
 306-933-3222
 [theslnca](https://www.facebook.com/theslnca)
 [sln.speech.ot.therapy.yxe](https://twitter.com/sln.speech.ot.therapy.yxe)

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For more information, contact your StarPhoenix advertising consultant, call 1-306-203-3419, or visit saskatoonleisureguide.mylp.co



saskatoon.ca/leisureguide

LEARN TO SCUBA DIVE

All the adventure, fun and excitement of the underwater world can be yours when you become a certified diver.

PADI Open Water Courses

- Scuba Courses start and finish every month
- Includes Crew Pack (manual, ERDPML, log book) equipment for pool sessions.
- Course tuition is tax deductible.
- Certify with PADI, The World's Largest training agency.



Not sure? Try a "Discover Scuba" | **\$89.99**



THE DIVING CENTER

17-844 51st Street Saskatoon
306.652.9090
thedivingcenter@sasktel.net



www.thedivingcenter.ca



Scouts. Bringing new adventures to life.

Scouts Canada provides all children and youth from ages 5 to 26 with opportunities to discover outdoor adventures like camping and hiking, give back to the community, make new friends and learn new skills.



Program Sections



Beaver Scouts Ages 5 - 7
Discover, share and make new friends.



Venturer Scouts Ages 15 - 17
Push your potential.



Cub Scouts Ages 8 - 10
The pack is calling!



Rover Scouts Ages 18 - 26
The world awaits.



Scouts Ages 11 - 14
Blaze your own trail.



Scouters & Volunteers Ages 14+
Gain new skills and help youth experience countless firsts.

Registration opens in September

Visit Scouts.ca/join to find a Scout group near you with meeting nights that fit your family's schedule.

- 1st East Saskatoon: Monday and Tuesday
- 6th North Park: Tuesday and Thursday
- 51st Montgomery: Monday
- 52nd University Heights: Wednesday
- 56th Pacific Heights: Tuesday and Wednesday
- 64th Lakeview: Thursday

* Meeting nights vary depending on section.

Questions? Email 1yxe.scoutgroup@gmail.com.



Saskatoon Seniors Continued Learning Inc.

SASKATOON SENIORS CONTINUED LEARNING INC. (SSCL)

**Fall Classes- all offered by Zoom
(several classes in U of S classroom)**

Online registration opens August 12, 2024 and closes August 16, 2024

No exams, no essays, just the joy of learning. That's what SSCL offers to its members. Eligible 55+ years of age. The cost is \$60 per class and yearly membership fee of \$5. Classes begin the week of September 17, 2024.

- Explorations in Music Trends in Popular Music During the 1960s
- Archeology of Mesoamerica
- Ethical Approaches to Contemporary Issues
- The Presidents Lecture Series: Curing the Worlds Diseases (17 separate topics Wed. PM)
- The Geoscience of Saskatchewan
- Anthropology Matters: Stories of People and culture
- Alexander and the Aftermath- Greece in the Hellenistic Age
- The Resurgence of the Right.

Visit <https://artsandscience.usask.ca/noncredit/sscl.php> for more details and to register.

For assistance email us at saskatoonseniorsscl@gmail.com or call 306-343-6773

Saskatoon Track & Field Club

A Club For All Athletes From
Developmental to High Performance



Cross Country Program

Begins on September 3rd
Visit Our Website For Details



"We had all three of our kids at STFC this year and it has been an amazing experience for each of them! The coaches made it fun and made each child feel so welcome. What was most incredible, has been watching them learn and grow as athletes and people. They talk about inspiring role models who train alongside them. They want to improve. They set goals for the future. They are excited to see where next year takes them! We are truly grateful to STFC for the experience!" J. Miller



Track & Field and Cross Country
training for all athletes starting at 8 yrs old
with all Levels of Ability.
Indoor Season Sessions are held at the
Saskatoon Field House

Visit our Website for more information or to Register
www.saskatoontrackclub.com

Events offered

Sprints
Hurdles
Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put
Discus
Javelin

Endurance Running

Speed Training for
other sports



Michelle Harrison
Canadian Olympic Team



Michael Hussey
800m - U18 Youth
Commonwealth Team



Nicole Ostertag
National Team Member



Savannah Sutherland
Canadian Olympic Team



Ivan Tam - Heach Coach
Hall of Fame Builder Inductee

Josh Tam
Legion Nationals
U18 Decathlon
Pole Vault Record 4.20m



萨城中文学校

The Chinese Language School of Saskatoon

Mandarin Chinese Class:
Kindergarten to Grade 12 - Saturdays 1:30pm - 3:30pm

Adult Online Mandarin Chinese Class:
Beginner Class - Tuesdays 6:30 pm - 8:00pm
Intermediate Class - Wednesdays 6:30pm - 8:00pm
Advanced Class - Thursdays 6:30pm - 8:00pm

REGISTRATION DAY FOR 2024-2025

Date: September 7, 2024
Time: 1:00pm - 3:00pm
Location: Aden Bowman Collegiate Institute
(1904 Clarence Ave. S, Saskatoon)



First Day of School: September 14, 2024

For more information, please visit <https://clssaskatoon.com/> or email chineselanguage@sasktel.net.



GYMNASTICS DANCE SWIM

**WE DO ALL THREE
AT THE SAME TIME**
WHILE HOLDING OUR BREATH!

SASKATOON AQUALENES ARTISTIC SWIMMING CLUB



Open to ages 5 - Adult

RECREATIONAL, PROVINCIAL & NATIONAL STREAM TEAMS

Register Online www.saskatoonaqualeenes.com



Piano • Guitar • Drums • Strings • Brass • & more!

Register For Music Lessons Today.

Why Choose Long & McQuade?

Music lessons for all ages, stages, and styles.
Professional instructors make learning fun.
Convenient lesson times for busy families.
No registration fees. Affordable instrument rentals.

In-person
and on-line
lessons
available



CALL, TEXT OR EMAIL!



721 43rd St. E
(306) 500-7541

saskatoonlessons@long-mcquade.com

617 8th St. E
(306) 700-2933

saskatoonsouthlessons@long-mcquade.com



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.

Tuesdays–September 17 to December 10, 2024
7:30 pm to 9:30 pm

River City Squares at McClure United Church Hall
4025 Taylor Street E., Saskatoon

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

Join us for two introductory evenings on September 17 and 24
Cost: \$5 per introductory night; \$112 for the term (13 dances)

For more information contact:
Eldon at 306-253-4453 or Vera at 306-683-0266

Saskatchewan Square and Round Dance Federation Inc.

Supported by

www.sksquaredance.ca



"Dance for the Health of It!"

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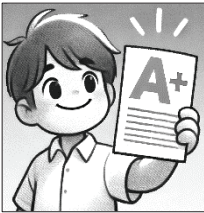
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saskatoon.ca/leisureguide



NeuroLift +

- ♥ Unlock your child's full potential!
- ♥ Address learning challenges including **dyslexia**
- ♥ One-on-one sessions

♥ Weekly meetings, home exercises, parent guidance

DiscoveryMath

- ♥ Personalized one-on-one Math classes, grades 1-12
- ♥ Make Math interactive and fun
- ♥ Develop logical thinking
- ♥ All ability levels, gifted student programs

Visit DiscoveryMath.ca for more information

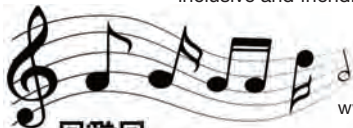


Your voice has a place in our chorus
SINGERS WANTED!

WOMEN 14 YEARS OF AGE AND OLDER

Join Magic City Chorus for our Guest Night
Tuesday September 10, 2024 @ 6:30 pm
Sutherland, Saskatoon

Discover the world of 4-part a cappella harmony.
If you can carry a tune, we can teach you the rest in a fun, inclusive and friendly atmosphere



View our video!
www.magiccitychorus.com
www.facebook.com/magiccitychorus

To register or for more information contact:
membership@magiccitychorus.com

20 MUSICAL THEATRE
24 SINGING
24 DANCING
20 ACTING
20 SPARK PRESCHOOL
25 HE DANCES TOO
25 CLASSES

Join us this fall.

VISIT SASKEXPRESS.COM





PRAIRIE FENCING CLUB

New fencers are welcome to join our youth and adult classes!

Please visit our website for information and registration:

<https://leagues.teamlinkt.com/prairiefencingclub>

SASK EXPRESS

SPARK

Performing Arts Preschool

SING • DANCE ACT • LEARN

VISIT SASKEXPRESS.COM TO REGISTER.



Marian Gymnastics FALL SESSIONS

**FALL REGISTRATION OPENS
JULY 31ST, 2024 AT NOON**

FOLLOW US FOR CLASS UPDATES

/MARIANGYMCLUB

MARIANGYMNASTICSCLUB

@MARIANGYMCLUB

SPECIALTY CLASSES

ACRO, TRAMPOLINE
& TUMBLING,
PARKOUR, AND
SPECIAL NEEDS



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 6-14 including CAN GYM.



337 EDSON STREET,

ADMINMARIAN@GMAIL.COM - 306.934.0944

REGISTER AT MARIANGYM.COM

FINE ARTS CLASSES

BY

Rendr Studio

Children – Adult

Graphite Pencil
Pastel

Colored
Pencil

- Beginner to advanced skill levels welcome
- General and special interest classes
- Taught by Professional Artist

REGISTER AT
www.rendrstudio.ca

info@rendrstudio.ca

Learn fundamentals such as perspective, proportion, form and structure, lighting and shadow, color and composition





KARATE



Life Skills
Self Defense
Respect
Classes for men,
women & children
of all ages
Free trial class

506 Duchess Street
Located in City Park

306-382-7434

www.midwestkarate.com



SASKATOON
CAMERA CLUB

Saskatoon Camera Club

For Photo Enthusiasts for all ages
and skill levels

Meetings on select Tuesdays each month

Registration & Information Night:
September 17th, 6pm

Mayfair United Church, 902 33rd Street West

More information at
www.SaskatoonCameraClub.com

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saskatoon.ca/leisureguide



UNIVERSITY OF SASKATCHEWAN

Ballroom Dancing Club
Dancing since 1965

Your dream of dancing starts here! Join the University of Saskatchewan Ballroom Dancing Club in celebrating our 60th anniversary!

For six wonderful decades, we've been teaching dance in a fun and inclusive atmosphere. Learn to jive, rhumba, two-step, waltz, and more!

Whether you're an experienced dancer or an enthusiastic beginner, we have a class for you!

Your dream of dancing can come true!
Registration opens in August 2024.

Take more chances - Dance more dances

www.uofsbdc.com

www.facebook.com/uofsbdc

306-652-2575 | info@uofsbdc.com

Live Out Loud This Fall

Make & Take Your Own Bees' Wax Painting

Introduction to Encaustic Painting

\$95 per class All supplies included

Maximum 4 per class

Wednesdays & Saturdays 10:00am – 2:00pm

Sept 11, 14, 25, 28 Oct 9, 12, 23, 26

Nov 6, 9, 20, 23 Dec 4, 7

livingoutloudesigns@outlook.com



Two repeats shown



Saskatoon Council on Aging Fall Programs

SENIORS NEIGHBOURHOOD HUB CLUBS

Free monthly socials for older adults 55 plus - 6 locations city wide!
Entertainment, educational presentations, light exercise, blood pressure checks and more

Mayfair Hub Club - 3rd Thurs of the month 1:30 to 4pm, Mayfair United Church - free to attend, no registration

Visit scoa.ca for all club information

Thanks to:

Community Initiatives Fund, Sask Lotteries,
Primrose Chateau

SCOA GLOBE WALK - *Do Yourself a World of Good*

Free annual fitness program for older adults 50 plus, runs Jan to April
Form a team, join an existing team or join the SCOA team.

Visit scoa.ca for more information



Thanks to

Community Initiatives Fund,
Saskatchewan Seniors Fitness Association.
Forever... in motion

Discover & Learn with Classes & Workshops

Learn to use your iPhone, write a poem, or find a new pastime

Mon Sept 23 - Dream Workshop - \$10
Mon Sept 30 - Chair Exercises - \$10
PH 306.652.0149 to register

Saskatoon Council on Aging is a non-profit organization and resource hub serving older adults 55 +

2020 College Drive,
Saskatoon
306.652.2255
admin@scoa.ca
Facebook @scoa25

Looking for a place to play?



SASKATOON
SOCCER CENTRE INC.

Built BY soccer, FOR soccer

YOUTH & ADULT SOCCER LEAGUES & PROGRAMS

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



Saskatoon
Sports Centre

Come check out our new industry leading, elite turf!

WALKING SOCCER Drop-in, non-competitive, ideal for mobility issues. Instructor on site. Great for socializing. Wednesdays 10:30am - 12pm; Fridays 3 - 4pm.

LUNCH TIME DROP-IN SOCCER Gather co-workers, friends & family for a midday game. Mon - Fri 11am - 2pm

FITNESS CENTRE Cardio & strength training machines.

Mon - Fri 5 - 9pm & Sat/Sun 10am - 4pm.

Pricing for 3 programs above: \$6 Drop-in, \$15 Family Drop-in, \$50 Punch card. Details online, in person or by phone.

TERRY FOX WALKING TRACK *Check details with City*
A City of Saskatoon service. Leisure Card or drop-in fee.






SASKATOON KINSMEN/HENK RUYSS
SOCCER CENTRE



219 Primrose Drive

Sprung floors on all fields provide 65% less joint fatigue.

INDOOR WALKING PROGRAM Weather-free space to keep fit. Mon - Fri, 8am - 2pm; \$5 drop-in, \$35/mo, \$120/season

INDOOR PLAYGROUP Huge play spaces full of riding cars & toys! \$6/child; 10 punch card \$50. Mon - Fri 9:30 - 11:45am. Adults & under 1 are free.   

TODDLER BIRTHDAY PARTIES Mon - Fri 9am - 1pm \$60/party unlimited kids! In conjunction with Indoor Playgroup.

PICKLEBALL Variety of programs on the best courts in town!
For details & to register go to saskatoonpickleballinc.ca.

Please check our website under
Sports & Programs or call for the latest details.

bookings@saskatoonsoccer.com 306-975-3423

info@saskatoonsoccer.com 306-975-3400

www.saskatoonsoccer.com



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saskatoon.ca/leisureguide

READY TO PUT YOURSELF FIRST?

EMBRACE SELF-CARE WITH YOGA



8-week Beginner

Yoga Program for Relieving Stress
for Feminine Health

Mondays 6PM | #130-810 Central Ave
Saskatoon

Start:
September 9th | Price: \$200

Runs for 8 weeks | karmaburnyoga@gmail.com

SIGN UP

by visiting www.karmaburnyoga.com



Regular Season Program

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

LIONS ARENA

Half season (Sept- Dec) or Full season (Sept- Mar)
Group 1 (Learn to Skate)
Group 2 (Learn to Speed Skate)



We rent speed skates!

Short Learn-to-Skate Program

All skate types welcome (incl. hockey skates)

ACT ARENA - Cost \$133

Two days per week for 4 weeks

Sept. 4, 6, 9, 11, 16, 18, 23 & 25th 5:45-6:30pm
Skaters must be 4+ & able to stand unassisted

FOR MORE INFORMATION AND TO REGISTER

ONLINE VISIT OUR WEBSITE:
www.slspeedskating.com

Adult Long Track Program

No prior experience required
Everyone welcome

CLARENCE DOWNEY OVAL
Dates & times to be announced
(Dec- Feb)

Questions?

membership@slspeedskating.com

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

GYMNASTICS DANCE SWIM

**WE DO ALL THREE
AT THE SAME TIME**
WHILE HOLDING OUR BREATH!

SASKATOON AQUALENES ARTISTIC SWIMMING CLUB



Open to ages 5 - Adult

RECREATIONAL, PROVINCIAL & NATIONAL STREAM TEAMS

Register Online www.saskatoonaqualenes.com



Singing Lessons, Vocal Coaching & Artist Development

Specializing in Contemporary Vocal Technique and Styles
Pop/RnB/Rock/Jazz/Choir & Harmonizing

Warm and loving LGBTQ + Safe Space

World-touring (20+ countries), Saskatoon-born, professional musician & artist, moving back to Saskatoon to build a family

Booking for September 2024

**More info at: dannyfong.ca
Contact: dannyfong@gmail.com**

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saskatoon.ca/leisureguide



**SASKATOON
WELCOMING WEEK
2024**

**September
13th- 22nd**

UNITING TO WELCOME NEWCOMERS TO SASKATOON

Join Us For Fun **FREE** Events
For Everyone



Immigration
Partnership
Saskatoon
IPSK.CA



SCAN TO SEE
**EVENTS
CALENDAR**



Welcoming Week is a global annual event

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



**Self Respect
Mental Discipline
Social Skills**



Classes available for all family members!

midwestkarate.com



306-382-7434





Six-week Introduction to Mindfulness

Develop a focused & embodied attention, self awareness, emotional intelligence, and greater sense of ease & well being

with Andrea Grzesina, certified mindfulness teacher and guest teacher Jeanne Corrigan, certified MBSR teacher

Tuesdays, October 29 - December 3, 2024, 7-9 pm

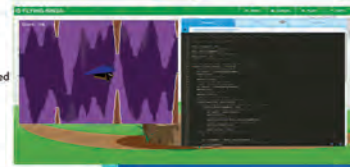
Sliding scale: suggested \$90 plus donation to teachers

For more information and registration:
saskatooninsight.com/introclass
or email contact@saskatooninsight.com



KEY POINTS

- Developed with video games at its core to make learning to code fun for kids.
- Incorporates platforms that kids already love so they can get started on day one.
- Includes robotics projects that prepare kids for the future of automation.
- Teaches a variety of coding languages, from block-based programming to JavaScript, to C# for more advanced ninjas.
- Builds and strengthens kids' logic, math, problem solving and critical thinking skills.
- Enables parents to see the results as kids advance through the curriculum.



PATH OF ENLIGHTENMENT



WHITE BELT
Introduction to the Game Development Platform
Concepts: Variables, properties, user interfaces, events, and mathematics.

YELLOW BELT
Introduction to Game Building
Concepts: Global functions, game object functions, and JavaScript syntax.

ORANGE BELT
Introduction to Control Statements
Concepts: Conditional statements and loops - while, for, foreach, if/then, switch, do/while, and more.

GREEN BELT
Custom Game Building
Concepts: Problem-solving mindset, code cleanliness, collaboration, mapping, level design, and working with assets.

BLUE BELT
Intermediate Game Design
Concepts: Roblox user interface, local vs global coordinates, camera/scene scope, asset and script management.

PURPLE BELT
Professional Development Environments
Concepts: Unity interface, intermediate game design concepts, custom animations, foundations of game-building in Unity.

BROWN BELT
Advanced Programming
Concepts: Meshes and assets, ray casting, built-in Unity tools, object-oriented programming principles using C#.

RED BELT
Advanced Game Design
Concepts: Network play, shaders, efficient game loop development, advanced game design concepts, code efficiencies, sound design, and utilizing the Unity Asset Store.

BLACK BELT
Custom Game Development from Concept to Delivery
Concepts: Team collaboration, digital storefront distribution, business of gaming, and game marketing.

(639) 525-2633 | universityheightsskca@codeninjas.com | Code Ninjas Saskatoon
1844 McOrmond Dr. #142 Saskatoon, SK

PROGRAM PRICING

CREATE LITE	CREATE MONTHLY	JR
\$159 PER MONTH	\$239 PER MONTH MOST POPULAR	\$159 PER MONTH
<ul style="list-style-type: none"> One Hour Each Week Flexible scheduling Small Class Size Personal Attention Access to Parent Dojo Portal Monthly Billing 	<ul style="list-style-type: none"> Two Hours Each Week Flexible scheduling Small Class Size Personal Attention Access to Parent Dojo Portal Monthly Billing 	<ul style="list-style-type: none"> Two Hour Each Week Flexible scheduling Small Class Size Personal Attention Access to Parent Dojo Portal



SCAN ME



SCAN ME



SCAN ME



PARENTS NIGHT OUT



DATES:
June 21
July 19
August 16
September 20

**October 18
November 15
December 20**

\$39

TIME:
6:00PM
8:30PM

and more!



LOCATION

Code Ninjas University Heights
142-1844 McOrmond Dr
(639) 525-2633



"Ceud mìle failte ..."

96th Highlanders Pipes & Drums

Saskatoon's premier youth pipe band

Free Lessons

with Family Membership

Ages
8 - 21

The 96th Highlanders Pipes & Drums youth band is a non-profit organization whose objective is to preserve and promote appreciation of Scottish heritage through Highland piping and drumming.

For more information
or to register, please contact us at

info@96th.ca
www.96th.ca





Saskatoon LASERS Swim Club



OUR PROGRAMS:

We offer programs to fit all swimmers needs, from our highly creative and inclusive Learn to Swim programs, to our Competitive Team fueling a relentless pursuit of excellence in the water.

OUR COMPETITIVE PROGRAM

- *Adaptable*
- *Streamlined*
- *Follows a long term development program*

REGISTRATION:

Registration for all programs opens to returning members August 11 and August 15 for new members.

