

# Registered Programs

## ADULT PROGRAMS

### FITNESS

#### SMART START BEGINNER FITNESS

##### How to Get Started the SMART START way!

Get educated on what it takes to be active enough for health benefits, plan and apply strategies designed to get you there and find out how to navigate our Smart Start programs so that you can be active for life.

##### Saskatoon Field House

Sep 20 Tu 06:00 PM-07:30 PM \$20 25507

##### Shaw Centre

Sep 14 W 07:00 PM-08:30 PM \$20 25508

*Our LEARN TO CLASSES are truly designed with the beginner in mind. Each program includes three 45-minute sessions with an additional 15-minutes provided after each class to ask the instructor your individual questions. This program is designed to help you become comfortable and educated in the group fitness activities that you are interested in - giving you the skills and confidence to participate in our regular drop-in fitness classes. You will be provided with:*

- Detailed instruction
- Handouts with pictures and descriptions of moves and poses
- Fitness education
- A progressive fitness program to prepare you for further participation

##### Learn to Aqua Fitness

This will start to perform basic movements using the resistance of the water. It will help to increase cardio and strength by using a variety of equipment. No swimming ability required.

##### Shaw Centre

Sep 8-15 Th, Tu 07:45 PM-08:30 PM \$15 25511

##### Learn to Step

Step into a fantastic cardiovascular workout! With simplified, slow tempo choreography and supported instruction you will master the basic step moves.

##### Lakewood Civic Centre

Oct 6-20 Th 08:30 PM-09:30 PM \$15 25519

##### Learn to Fitness Yoga

No flexibility experience required. This intro to yoga will show you that yoga truly is for every 'body'. Breath and technique of a sun salutation and other poses are taught with the support and instruction needed to master these moves.

##### Shaw Centre

Oct 11-25 Tu 07:00 PM-08:00 PM \$15 25513

##### Lakewood Civic Centre

Oct 16-30 Su 02:55 PM-03:55 PM \$15 25514

##### Lawson Civic Centre

Sep 10-24 Sa 04:30 PM-05:30 PM \$15 25576

##### Saskatoon Field House

Oct 30-Nov 20 Su 11:15 AM-12:15 PM \$15 25525

##### Learn to Circuit

An opportunity to learn the importance of circuit/strength training. Acquire the knowledge and resources to feel comfortable and be safe while experiencing an efficient, result driven workout.

##### Saskatoon Field House

Sep 28-Oct 12 W 06:45 PM-07:45 PM \$15 25527

##### Learn to On the Ball

The swiss ball is the most versatile fitness tool available today. Most of us have one but are not sure how to use it. After this workshop you will have learned how to use the ball in your everyday life, as well as part of your fitness regime.

##### Lawson Civic Centre

Nov 5-19 Sa 04:30 PM-05:30 PM \$15 25517

##### Shaw Centre

Oct 13-27 Th 07:00 PM-08:00 PM \$15 25566

##### Learn to Spin

No need to stop biking just because of bad 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

Sep 25-Oct 16 Su 11:15 AM-12:15 PM \$15 25518

Nov 20-Dec 4 Su 11:15 AM-12:15 PM \$15 25557

##### Learn to Pole Walk

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

##### Lawson Civic Centre

Sep 9-23 F 12:00 PM-01:00 PM \$15 25522

##### Saskatoon Field House

Oct 17-31 M 06:45 PM-07:45 PM \$15 25556

##### Learn to NIA

This 3 part program will teach you how to combine the strength and agility of martial arts, fluidity of dance and self awareness of yoga into a great full body workout. After learning the principles you will be prepared to attend our new drop-in NIA series at Lawson Civic Centre!

##### Lawson Civic Centre

Oct 7-21 F 01:30 PM-02:30 PM \$15 25516

Dec 2-16 F 01:30 PM-02:30 PM \$15 25523

##### Introduction to Lane Swimming

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

##### Shaw Centre

Sep 6 Tu 07:45 PM-08:15 PM \$0 25520

Sep 8 Th 07:35 PM-08:05 PM \$0 25521

##### Lawson Civic Centre

Sep 19 M 01:30 PM-02:00 PM \$0 25567

Dec 5 M 01:30 PM-02:00 PM \$0 25568

##### You Can Do It

A personalized 9-week program where you learn to create your own physical fitness plan. Step-by-step, a certified fitness consultant will teach participants about physical activity and healthy eating, and demonstrate how you can be active every day! Each class includes 20-40 minutes of exercise.

##### Saskatoon Field House

Sep 19-Nov 14 M, W 01:30 PM-02:30 PM \$125 25565

Oct 4-Nov 24 Tu, Th 06:45 PM-07:45 PM \$125 25564

##### Intro to BOSU® Fitness

Go beyond traditional forms of training by learning how to use the BOSU® ball and add this to your workouts! BOSU® balls or half balls are known industry wide for training balance, enhancing flexibility and delivering an awesome cardio workout. Expand your movement capabilities, reshape your body and strengthen your mind. Limited space available, register today!

##### Saskatoon Field House

Oct 19-Nov 2 W 06:30 PM-07:30 PM \$28 25560

##### Shaw Centre

Sep 21-Oct 5 W 07:00 PM-08:00 PM \$28 25774

### COMING THIS FALL! Easy, quick, click! Find Your Fit with Drop-in Online.

Get the latest drop-in classes on [saskatoon.ca](http://saskatoon.ca) (look under 'D' for Drop-in Online). Search by Leisure Centre, program name, date and time and/or your favourite instructor to customize your perfect fitness routine!

### Did You Know?

All City of Saskatoon Fitness Consultants are certified through the Canadian Society of Exercise Physiology (CSEP). CSEP is a national organization that promotes a professional and ethical approach in the physical activity, fitness and lifestyle appraisal industry. Enhance your experience at any of the six Leisure Centres by visiting our CSEP Fitness Consultants, with CPT (Certified Personal Trainer) or CEP (Certified Exercise Physiologist) certifications:

**CSEP CPT - Certified Personal Trainer** The CPT certification recognizes individuals with formal post-secondary training in physical activity/exercise prescription focusing on Health-Related physical fitness.

**CSEP CEP - Certified Exercise Physiologist** The CEP certification is the only advanced health and fitness practitioner certification. It embodies a wide scope of practice, including training apparently healthy individuals and exercise related clinical knowledge for independent functioning individuals with disabilities or chronic diseases for whom physical activity is advocated as a form of therapy.

### What is an Exercise Equipment Orientation (EEO)?

With the purchase of a LeisureCard, receive a complimentary 20-minute, scheduled orientation which includes:

- A lesson on how to operate cardio machines
- An introduction to proper etiquette in the weight room to make you feel at ease
- A quick facility tour to become familiar with your surroundings
- Answers to all of your questions

For more information or to schedule an EEO,  
please contact the leisure facility of your choice.

## ADULT PROGRAMS

### PERSONAL/GROUP FITNESS CONSULTATIONS

Each personal training session includes a one hour personal consultation. Before we can begin helping you achieve your goals, we will first need to meet with you to discuss your specific needs and requirements.

The **PERSONAL CONSULTATION** is an opportunity for you and your trainer to meet, build rapport, gather information as it relates to your physical health and wellness, and process the information to develop an action plan. You and your trainer will discuss the following topics:

- Medical history • Exercise history
- Specific goals (short and long term)
- Developing an action plan for your success

**OPTIONAL FITNESS ASSESSMENT:** We offer an optional fitness assessment as a component of your personal training program\*\*. The assessment will help determine your current level of fitness and identify areas of strength and improvement, providing you with a baseline from which you can set realistic and measurable goals. It will include:

- Height and Weight (BMI)
- Resting Heart Rate and Blood Pressure
- Body Composition Analysis
- Muscular Endurance
- Muscular Strength
- Flexibility

**TRAINING SESSION:** You are now ready to start your exercise program and begin your new fitness lifestyle! Your fitness consultant will have designed a program that keeps your goals, current fitness status and lifestyle needs in mind.

#### SERVICES OFFERED:

- Personal Training: 3, 6 or 11 sessions
- Semi Private Training: 6 or 11 sessions (2 people - register together)
- Youth Personal Training: 3, 6 or 11 sessions

\*\*fitness assessments available at SFH and SCC only

**🌀 Semi-Private Training** **\$181.75/ person**  
(6 sessions-register together)  
Lakewood Civic Centre 25529  
Saskatoon Field House 25530  
Shaw Centre 25531

**🌀 Semi-Private Training** **\$321/ person**  
(11 sessions-register together)  
Lakewood Civic Centre 25532  
Saskatoon Field House 25533  
Shaw Centre 25534

**🌀 Personal Training** **\$119.25**  
(3 Sessions)  
Lakewood Civic Centre 25535  
Saskatoon Field House 25536  
Shaw Centre 25537

**🌀 Personal Training** **\$238.75**  
(6 Sessions)  
Lakewood Civic Centre 25538  
Saskatoon Field House 25539  
Shaw Centre 25540

**🌀 Personal Training** **\$432**  
(11 Sessions)  
Lakewood Civic Centre 25541  
Saskatoon Field House 25542  
Shaw Centre 25543

**Revamp Your Workout** **\$63.25**  
So you've been working out for a while but have yet to reach your goal? Maybe it's time to change it up. Our fitness consultants have the experience and creativity to put the burn back into your workout to get the results you want. (1 hour consultation & 1 hour training).  
Lakewood Civic Centre 25544  
Shaw Centre 25545  
Saskatoon Field House 25546

**🌀 Home Fitness** **\$63.25**  
Want the privacy and flexibility of working out in your own home? Our fitness consultants will design you a program with minimal equipment and maximum results. (1 hour consultation & 1 hour training).  
Lakewood Civic Centre 25547  
Saskatoon Field House 25548  
Shaw Centre 25549  
Cosmo Civic Centre 25551  
Lawson Civic Centre 25553  
Harry Bailey Aquatic Centre 25554

**🌀 Adult Basic Weight Training** **\$47**  
For the absolute beginner. This is a machine based program to ensure maximum safety and ease of use. A great start to your life long fitness journey. (1 hour program).  
Lakewood Civic Centre 25550  
Saskatoon Field House 25552  
Shaw Centre 25555

### GENERAL & GENTLE FITNESS & HEALTH

**Pilates**  
This program focuses on the core postural muscles which help keep the body balanced. In particular, it will improve flexibility, balance and posture as well as tone and strengthen the entire body. This is a low impact exercise program with results in 5 weeks and a great class to fit your healthy lifestyle.  
Cosmo Civic Centre  
Sep 13-Nov 15 Tu 07:00 PM-08:00 PM \$89 25447

**Cardio & Circuit**  
This 45-minute class will incorporate a circuit resistance workout using circuit equipment at the Fitness Circuit & Terry Fox Track. You will move through 20 different stations at one minute intervals with a 30 second rest in between.  
Fitness Circuit & Terry Fox Track  
Oct 18-Nov 17 Tu, Th 06:30 PM-07:15 PM \$64 25574

Looking to improve your health & physical condition and tired of traditional gyms?

Circuit-style resistance machines are easy-to-use and offer an efficient, effective and safe total body workout in just minutes.

See page 15 for details.



**FITNESS CIRCUIT & TERRY FOX TRACK**

**🌀 Strollin' & Polin'**  
Take in and enjoy the many benefits of pole walking. Join this friendly social program for the 50+ age category as your instructor leads you through a warm-up, walking and strength and stretch component during this hour-long session. Poles are provided and are optional during this program.  
Saskatoon Field House  
Oct 3-Nov 21 M, W, F 11:00 AM-12:00 PM \$78.25 25450  
Oct 3-Nov 21 M, W, F 01:30 PM-02:30 PM \$78.25 25451

**Zumba® Gold (50+)**  
Ditch the workout and join the party! Using Latin-inspired and world music, the class is divided into distinct components: warm-up, cardio, cardio cool-down, balance, strength/resistance and stretching. Cha Cha, Mambo, Salsa, Samba and Tango rhythms are introduced so participants can move/dance for an hour using lower impact movements to reach their target heart rates. Modifications will be demonstrated throughout the class.  
Saskatoon Field House  
Oct 24-Nov 23 M, W 10:30 AM-11:30 AM \$89 25585

**Saddle Up! (Registered Spin)**  
You are guaranteed a spot on a spin bike in this hour-long class that will get you more fit. This program will pedal you through varying degrees of difficulty with sprints, hills & valleys, and intervals. Beginners to intermediate levels are welcome.  
Saskatoon Field House  
Sep 11-Nov 6 Su 10:00 AM-11:00 AM \$71.25 25449

**Urban Poling**  
Take your walking to a whole new level. Urban Poling is a full body cardio and muscular workout burning up to 46% more calories than regular walking. See improved posture, core strength and decreased stress on hips, knees and ankles. Limited space available, register today!  
Saskatoon Field House  
Nov 8-Dec 8 Tu, Th 07:00 PM-08:00 PM \$64 25561  
Lawson Civic Centre  
Nov 8-Dec 8 Tu, Th 12:00 PM-01:00 PM \$64 25762

**Forever in Motion I**  
Specifically designed for people 50+, this beginner class focuses on improving and maintaining mobility. Improve your endurance, flexibility, strength and balance as you participate in functional exercises to keep you strong and healthy.  
Lawson Civic Centre  
Oct 18-Dec 8 Tu, Th 01:30 PM-02:30 PM \$98 25573

*The days may be getting cooler but you can still enjoy a stroll through the Zoo!*  
See pages 8-9 for details.  
Forestry Farm Park Drive (off Attridge Drive)  
975-3382

## ADULT PROGRAMS

### PRE/POST NATAL

#### Bellies & Buns with Baby!

Ages 6 wks - 6 mon. Bring baby for a fun, flexible & challenging workout. Experience a combination of aerobics, intervals, strength workouts and more. This is a great next step for those who have participated in the walk & stroller class or for who just need a little more challenge. A baby stroller is recommended. Fussy baby? No problem!

Saskatoon Field House

Sep 13-Oct 6 Tu, Th 01:30 PM-02:30 PM \$41 25487  
Oct 17-Nov 9 M, W 01:30 PM-02:30 PM \$41 25488

#### Walk & Stroller

Perfect for new parents and their babies. This walking based program focuses on a cardio workout while incorporating muscle strengthening exercises to tone your body.

Saskatoon Field House

Sep 12-Oct 5 M, W 01:30 PM-02:30 PM \$41 25492  
Oct 18-Nov 10 Tu, Th 01:30 PM-02:30 PM \$41 25493

#### Baby & Me Aquafitness

6-12 months. An action packed workout for you and your baby. The best of aquafitness and parent/child swim time.

Harry Bailey Aquatic Centre

Sep 21-Nov 23 W 09:45 AM-10:30 AM \$66.50 24677

## RECREATION

### ARTS, CULTURE & RECREATION

#### Adult Learn to Play Tennis

This program is designed to get you playing tennis in 6 weeks. Players will learn all the fundamentals of tennis, including basic doubles tactics, technical skills and rally skills. Instructor: Rufus Nel, level 3 coach with Tennis Canada.

Saskatoon Field House

Nov 1-Dec 6 Tu 08:00 PM-09:00 PM \$101.75 25403  
Sep 12-Oct 24 M 06:00 PM-07:00 PM \$101.75 25404

#### Digital Photography

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

Lakewood Civic Centre

Oct 20-27 Th 07:00 PM-09:00 PM \$42.25 25405  
Nov 17-24 Th 07:00 PM-09:00 PM \$42.25 25484  
Shaw Centre  
Sep 22-29 Th 07:00 PM-09:00 PM \$42.25 25480  
Lawson Civic Centre  
Sep 14-21 W 07:00 PM-09:00 PM \$42.25 25400  
Nov 3-10 Th 07:00 PM-09:00 PM \$42.25 25437

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Search by Leisure Centre, program name, date and time and/or your favourite instructor to customize your perfect fitness routine!

#### Advanced Digital Photography

Learn advanced digital photography techniques. Class will include review of basic digital photography techniques; understanding pixel size and aperture; introduction to night photography and common obstacles which influence photo quality. There will be a chance to receive feedback on your photography skills and problem solving in a group setting. Participants require a digital camera (with manual).

Lawson Civic Centre

Oct 5-12 W 07:00 PM-09:00 PM \$50.25 25401  
Nov 23-30 W 07:00 PM-09:00 PM \$50.25 25438

#### Thai I

Come and create some delicious Thai food that will leave your taste buds tingling.

Cosmo Civic Centre

Sep 12 M 07:00 PM-10:00 PM \$46.25 25395  
Oct 17 M 07:00 PM-10:00 PM \$46.25 25396

#### Thai II

Bringing Thai cooking to the next level, this class will leave you wanting more!

Cosmo Civic Centre

Sep 21 W 07:00 PM-10:00 PM \$52 25397

#### French Cuisine

French cuisine is considered among the world's best, learn what it is all about.

Cosmo Civic Centre

Sep 7 W 07:00 PM-10:00 PM \$52 25390  
Oct 3 M 07:00 PM-10:00 PM \$52 25391

#### Taste of Italy

For this class, we prepare a full Italian menu celebrating all that is important in Italian food.

Cosmo Civic Centre

Sep 19 M 07:00 PM-10:00 PM \$52 25392  
Nov 21 M 07:00 PM-10:00 PM \$52 25409

#### Soups & Stews

There's nothing better than the smell of homemade soup or a hearty stew simmering on the stove, just waiting for your ladle. Come and learn how to make this possible in your home.

Cosmo Civic Centre

Sep 28 W 07:00 PM-10:00 PM \$46.25 25431

#### Vietnamese I

Learn to prepare delectable Vietnamese dishes that will knock your socks off! Enjoy a delicious rice dish and flavoursome soup that will make everyone talk. Sweet and spicy dishes, we have it all!

Cosmo Civic Centre

Sep 14 W 07:00 PM-10:00 PM \$46.25 25398  
Nov 7 M 07:00 PM-10:00 PM \$46.25 25416

#### Vietnamese II

Vietnamese cooking is an art. Come out and see more of what there is to learn about cooking Vietnamese food.

Cosmo Civic Centre

Sep 26 M 07:00 PM-10:00 PM \$52 25399

#### Dinner on the Fly

Learn how to prepare healthy, delicious meals the whole family will enjoy. These quick and easy-to-prepare meals are ideal for families on the go. Led by Dawn Stubbs.

Cosmo Civic Centre

Sep 1 Th 07:00 PM-10:00 PM \$46.25 25393  
Sep 22 Th 07:00 PM-10:00 PM \$46.25 25421

#### Introduction to Dough & Bread **NEW**

Knead a change? Wow your family with hot out-of-the-oven baked breads. Prepare fresh dough in class that you will be able to take home and bake. Led by Dawn Stubbs.

Cosmo Civic Centre

Sep 8 Th 07:00 PM-10:00 PM \$46.25 25775

#### Indian Cuisine

Spice up your dinner using curry and other traditional Indian spices to create tasty and flavourful dishes. Led by Dawn Stubbs.

Cosmo Civic Centre

Sep 15 Th 07:00 PM-10:00 PM \$46.25 25394  
Sep 29 Th 07:00 PM-10:00 PM \$46.25 25424

### FAMILY FUN

#### Family Boot Camp **NEW**

Adults & youth/teens ages 11-18 yrs. Get your family off the couch and into shape with our boot camp! This high energy class will help your entire family get healthy by using weights, bands, steps and balls. Participants register individually for this program.

Cosmo Civic Centre

Sep 16-Dec 2 F 06:00 PM-07:00 PM \$63.75 25457

#### Parent & Child Floor Hockey **NEW**

Ages 5-7 yrs. They shoot they score! Have a blast with your child as they learn about teamwork and the basics of floor hockey, including passing, scoring and game rules. Registration includes one adult and one child.

Cosmo Civic Centre

Sep 17-Oct 29 Sa 09:30 AM-10:15 AM \$46.50 25459  
Nov 5-Dec 10 Sa 09:30 AM-10:15 AM \$46.50 25460



Lakewood Civic Centre is now offering themed Birthday Party Packages! See page 36 for more details, or visit [www.saskatoon.ca](http://www.saskatoon.ca) (look under 'L' for Lakewood Civic Centre).

**CALL 975-2944 TO BOOK YOUR PARTY TODAY!**