



Mè Ta Wè Tàn programs are a fun way for all ages to get active in sport, recreation and culture. Connect with others with similar interests and experience something new in a comfortable environment. All programs are FREE!

For more information about Mè Ta Wè Tàn programs call 306-975-3378 or visit [saskatoon.ca/metawetan](http://saskatoon.ca/metawetan).



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

### Little Sisters in Action

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

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

### Functional Fitness Boot Camp

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

Location, dates & times TBA

### Drop-in Volleyball

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

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

### Drop-in Basketball

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

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

### Pow Wow Song & Dance

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

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

### Indigenous Traditional Games

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

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

### Self-Defence for Women & Girls

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

### Run Club

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

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

### New! Michif Language Class

10 yrs+. Kishinaa hamasho la laang di Michif! Learn how to speak Michif. Call 306-975-8486 to register

Location, dates & times TBA

## MÈ TA WÈ TÀN YOUTH CENTRES

Ages 10-14 yrs. The Mè Ta Wè Tàn community youth centres provide a gathering place for youth to learn healthy lifestyles through sports, recreation and cultural activities. Two leaders provide a fun and active atmosphere while playing sports, games and other activities. Youth centres are FREE and everyone is welcome to attend. Bring your friends and hang out!

### Caswell Youth Centre

**Caswell School** 204 30th Street West  
Dates & times TBA

### King George Youth Centre

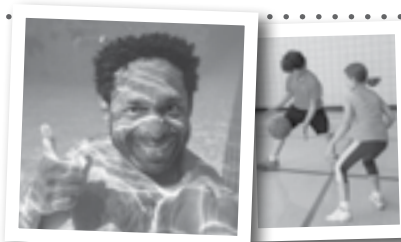
**King George School** 721 Avenue K South  
Dates & times TBA

### Pleasant Hill Youth Centre

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

### Westmount Youth Centre

**Westmount Community School** 411 Avenue J North  
Dates & times TBA



*Can't find the perfect registered program for you?*

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