


SMART START BEGINNER FITNESS

Smart Start adult beginner fitness programs can help you take the guesswork out of physical activity, making it easier to develop a fitness plan that works for you. It was created with the beginner in mind and for those who have not been active for some time. Smart Start programs help you get active through education, skill development and motivation. We're here to support your participation in physical activities until you are ready to try it on your own!

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

Learn to Fitness Yoga

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

Lawson Civic Centre

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

Nov 7-21	Th	08:00 PM-09:00 PM	\$15.00	FH4327-01
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Learn to Group Cycle

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

Saskatoon Field House

Nov 2-16	Sa	02:00 PM-03:00 PM	\$15.00	FH4333-01
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Learn to Pole Walk

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

Saskatoon Field House

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

Pickleball combines elements of badminton, tennis and table tennis and is great for all ages and skill levels. Participants will learn the basics of the sport in a friendly environment. Equipment is provided. Space is limited, please call the facility in advance to reserve a spot.

Saskatoon Field House

Oct 10-24	Th	06:00 PM-07:00 PM	\$32.50	FH4320-01
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Oct 10-24	Th	07:00 PM-08:00 PM	\$32.50	FH4320-02
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Oct 26-Nov 9	Sa	01:00 PM-02:00 PM	\$32.50	FH4320-03
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Oct 26-Nov 9	Sa	02:00 PM-03:00 PM	\$32.50	FH4320-04
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Nov 16-Dec 7	Sa	01:00 PM-02:00 PM	\$32.50	FH4320-05
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Nov 16-Dec 7	Sa	02:00 PM-03:00 PM	\$32.50	FH4320-06
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Easy, quick, click! Register online at
leisureonline.saskatoon.ca

See pages 2 & 15 for details.

Find Your Fit

FREE! Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this one-hour session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. Whether you've been a customer for many years, or are brand new to the Leisure Centres, this is the perfect setting to get started.

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

Harry Bailey Aquatic Centre Monday, October 21

Lakewood Civic Centre Wednesday, October 23

Lawson Civic Centre Monday, October 28

Shaw Centre Tuesday, October 29

Saskatoon Field House Monday, November 4

What is a Learn to Program?

Designed with the beginner in mind, Learn to Classes offer a 15 minute session at the end of each class to ask the instructor individual questions. Gain skills and become comfortable in tackling a new fitness activity.

Learn to Step

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

Saskatoon Field House

Dec 1-15	Su	02:00 PM-03:00 PM	\$15.00	FH4334-01
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Learn to Suspension Circuit Train

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

Shaw Centre

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

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

Shaw Centre

Dec 12	Th	06:15 PM-06:45 PM	FREE	SC4168-01
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PERSONAL TRAINING & FITNESS CONSULTATIONS

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

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

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

Semi-Private Training

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

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

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

*Price per person

Personal Training

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

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

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

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

Revamp Your Workout

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

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

Home Fitness

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

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

Adult Basic Weight Training

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

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

Group Fitness Training

Revive your workout with a choice of Fitness Yoga, Group Cycle, Boot Camp or Core Body; you pick the date and time. Register for this one-hour group fitness program to improve overall fitness and conditioning, develop fundamental skills and have fun! Book one session or book multiple sessions up to 20 people. Available to sports teams (cross-training), employee fitness and groups.

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

FITNESS & HEALTH

Pilates®

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

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

Mommy and Me Strollfit

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

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



Mommy and Me Muscle Fusion

Bring baby for a fun, challenging workout with the opportunity to connect with other moms in your community. Experience a combination of cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a great next step for those who have participated in the Mommy & Me Strollfit class or for those who just need a little more challenge. A baby carrier is recommended. Fussy baby? No problem! It is recommended moms be 6 weeks postpartum (8+ weeks for caesarean).

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

Child Minding

Available at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre.
 See page 10 or visit saskatoon.ca/dropinonline for hours.

Strollin' & Polin'

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

Saskatoon Field House

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

ARTS, CULTURE & RECREATION

New! Adult Learn to Skate

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

Cosmo Arena

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

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

Cosmo Civic Centre

Sep 15	Su	05:00 PM-08:00 PM	\$74.25	CC4307-01
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New! Asian Fusion II

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

Cosmo Civic Centre

Oct 6	Su	05:00 PM-08:00 PM	\$74.25	CC4307-03
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New! Asian Fusion III

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

Cosmo Civic Centre

Dec 8	Su	05:00 PM-08:00 PM	\$74.25	CC4307-10
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New! Asian Fusion Wonton Wrapping

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

Cosmo Civic Centre

Nov 3	Su	05:00 PM-08:00 PM	\$74.25	CC4307-06
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Flavours of Mexico

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

Cosmo Civic Centre

Sep 22	Su	05:00 PM-08:00 PM	\$74.25	CC4307-02
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Flavours of Mexico II

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

Cosmo Civic Centre

Oct 27	Su	05:00 PM-08:00 PM	\$74.25	CC4307-05
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Flavours of Mexico III

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

Cosmo Civic Centre

Nov 24	Su	05:00 PM-08:00 PM	\$74.25	CC4307-08
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New! Sushi Making II

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

Cosmo Civic Centre

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

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

Cosmo Civic Centre

Dec 1	Su	05:00 PM-08:00 PM	\$74.25	CC4307-09
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Vietnamese Cooking I

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

Cosmo Civic Centre

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

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

Lakewood Civic Centre

Oct 17-24	Th	07:00 PM-09:00 PM	\$55.00	LW4309-01
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SPECIALIZED WELLNESS PROGRAMS

Minds in Motion®

A community-based fitness and social activity program incorporating physical activity and mental stimulation for those with early symptoms of Alzheimer's disease and other dementias to enjoy with a friend or family member.

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

Saskatoon Field House

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

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

The First Step Program™

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

Saskatoon Field House

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



Stroke and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatchewan Health Authority with the aim to improve functional ability through improving fitness. The program includes stretching, strengthening, balance and mild aerobic activities. For more information or to register, call 306-655-4595.

Saskatoon Field House

Stroke Exercise		
Sep-Dec	Tu, Th	01:00 PM-02:30 PM
Parkinson's Exercise		
Sep-Dec	M, W, F	02:00 PM-03:15 PM

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