



Movin' & Groovin' Toddlers

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

Lawson Civic Centre

Sep 12-Oct 10	Th	10:30 AM-11:15 AM	\$47.50	LC4342-01
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Toddlers on the Move

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

Lakewood Civic Centre

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

Lawson Civic Centre

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

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

Kids on the Move

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

Lawson Civic Centre

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

Shaw Centre

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

Sporty Stars

3-5 yrs. An instructor will introduce children to a variety of sports including soccer, floor hockey and basketball. Something new each week.

Lakewood Civic Centre

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

Shaw Centre

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

Active Start Tennis

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

Lakewood Civic Centre

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

PROGRAMS & ACTIVITIES

LEARN TO SKATE

Children Learn to Skate

6-9 yrs. This recreational program will help your child become comfortable on the ice, while learning fundamental skills such as balance and how to steer. No experience required. Each participant must provide their own skates and helmet; without these they will not be allowed on the ice. Skate aids are prohibited on the ice during the program. (Note: unparented class).

ACT Arena

Oct 8-Nov 26	Tu	04:00 PM-04:45 PM	\$88.00	AC4305-01
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Cosmo Arena

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

CHILDREN SPORT

Kicks for Kids

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

Lakewood Civic Centre

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

Flag Football

6-9 yrs. This non-contact program will provide an introduction to football basics, such as punting, passing, catching and game strategy. A short scrimmages each class will allow children to practise these skills.

Saskatoon Field House

Oct 20-Nov 24	Su	10:45 AM-11:45 AM	\$58.50	FH4313-01
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Birthday Party Packages

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

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

Lakewood Civic Centre

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

Shaw Centre

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



LEISURE CENTRES

T-Ball

5-6 yrs. This is an introductory program for children to learn basic skills for softball/baseball, such as throwing, catching and hitting. A short game each class will allow children to practise these skills. Participants will need to bring their own ball glove.

Saskatoon Field House

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

Sport Mash-up

6-10 yrs. Basketball, soccer, floor hockey, badminton, flag football... try them all! This program introduces your child to a variety of sports, in a non-competitive environment. Basic drills and a fun game happen each week.

Lakewood Civic Centre

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

Dunk Dribble & Slam

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

Shaw Centre

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



Drop N' Shop

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

Lawson Civic Centre

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

Lakewood Civic Centre

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

Shaw Centre

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

PROGRAMS & ACTIVITIES

YOUTH RECREATION PROGRAMS

YOUTH CONSULTATION CLASSES & TRAINING

Personal Training

13-18 yrs. For those looking for specific results from their exercise program. A Certified Personal Trainer will design and monitor each workout based on your needs. One-hour sessions determined by you and your trainer.

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

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

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

Group Fitness Training

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

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

Weight Training

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

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

UPCOMING EVENTS

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

Fall Freestyle

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

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

Fast & Female Champ Chat

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

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

Girls in Motion

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

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

Taking to the Court

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

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

New! Multi-Sport Sampler

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

Cosmo Civic Centre

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