

## 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](http://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](http://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



*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).

### 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



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

### 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

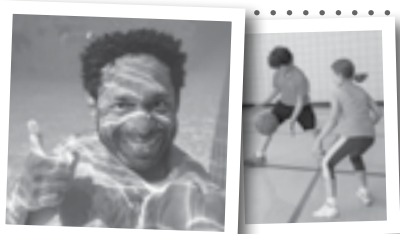
**King George School** 721 Avenue K South  
Dates & times TBA

### 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.