




Registered Programs

A SMART START TO ADULT BEGINNER FITNESS!



Look for the Smart Start symbol  on the facility drop-in calendars on pages 14-27 and in the Adult Programs section of the Leisure Guide (pages 44-48) for specific classes, dates, times and locations. For more information on Smart Start Programs call 975-7808.

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!

- Smart Start Guides - available at www.saskatoon.ca/go/smartstart
- Smart Start How to Get Started Workshops
- Smart Start Learn To Classes
- Personal/Group Fitness Consultations (look for the Smart Start symbol )
- Drop-in & Registered Classes (look for the Smart Start symbol )

If you're not sure where to begin, try our How To Get Started Workshops that will now make it easier to get started right away. For a small commitment of \$20, you will receive:

- An overview of Smart Start programs available to you
- Help to determine what program opportunities will work best for you
- A \$40 coupon to use towards the purchase of a new adult LeisureCard, an adult bulk ticket package, or a fitness consultation. You must attend the program to receive the coupon.

Becoming more physically active will benefit you:
PHYSICALLY - increase health-related quality of life
MENTALLY - improve mental clarity, alertness and overall mood
EMOTIONALLY - increase self-esteem and sense of worth



Upcoming How To Get Started Workshops
 Please see page 29 for information on how to register for these workshops.

Saskatoon Field House	Apr 24	Tu	07:00 PM-08:30 PM	\$20	28332
Shaw Centre	Apr 18	W	07:00 PM-08:30 PM	\$20	28333

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	Apr 24	Tu	07:00 PM-08:30 PM	\$20	28332
Shaw Centre	Apr 18	W	07:00 PM-08:30 PM	\$20	28333

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 Aquafitness

In this program you will perform basic movements using the resistance of the water by using a variety of equipment while increasing cardio endurance and strength. No swimming ability required.

Shaw Centre	Apr 12-19	Th, Tu	08:00 PM-08:45 PM	\$15	28336
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Learn to Spin

No need to stop biking just because Winter is here. 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	Apr 15-29	Su	11:15 AM-12:15 PM	\$15	28343
	May 6-27	Su	11:15 AM-12:15 PM	\$15	28489

Learn to Step

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

Shaw Centre	Apr 15-29	Su	11:30 AM-12:30 PM	\$15	28344
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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	Apr 3	Tu	07:45 PM-08:15 PM	\$0	28345
	Apr 5	Th	07:35 PM-08:05 PM	\$0	28346

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.

Saskatoon Field House	Apr 15-29	Su	11:15 AM-12:15 PM	\$15	28350
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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	Apr 29-May 13	Su	02:00 PM-03:00 PM	\$15	28351
Fitness Circuit & Terry Fox Track	May 27-Jun 10	Su	01:00 PM-02:00 PM	\$15	28488

NEW! Easy, quick, click! Find Your Fit with Drop-in Online.

Get the latest drop-in classes on www.saskatoon.ca/go/dropinonline. Search by Leisure Centre, program name, day and/or your favourite instructor to customize your perfect fitness routine!



Scan with your smartphone!

**Register early...
Programs fill up fast!**

ADULT PROGRAMS

🌀 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.

Fitness Circuit & Terry Fox Track
May 2-16 W 06:45 PM-07:45 PM \$15 28352

🌀 Learn to Zumba®

Ditch the workout, join the party! Learn the basic movements of this Latin-inspired dance program. Cardio based movements are simplified so they are easy to follow. The combination of fast and slow rhythms will tone and sculpt your body while having fun.

Lakewood Civic Centre
Apr 16-30 M 08:25 PM-09:25 PM \$15 28490
May 7-28 M 08:25 PM-09:25 PM \$15 28491
Saskatoon Field House
Apr 22-May 6 Su 03:30 PM-04:30 PM \$15 28492
Jun 10-24 Su 12:45 PM-01:45 PM \$15 28493

PERSONAL/GROUP FITNESS CONSULTATIONS

🌀 Semi-Private Training \$194/ person

(6 sessions-register together)

Lakewood Civic Centre 28427
Saskatoon Field House 28428
Shaw Centre 28429

🌀 Semi-Private Training \$342.25/ person

(11 sessions-register together)

Lakewood Civic Centre 28430
Saskatoon Field House 28431
Shaw Centre 28432

🌀 Personal Training \$127

(3 Sessions)

Lakewood Civic Centre 28433
Saskatoon Field House 28434
Shaw Centre 28435

🌀 Personal Training \$254.50

(6 Sessions)

Lakewood Civic Centre 28436
Saskatoon Field House 28437
Shaw Centre 28438

🌀 Personal Training \$460.50

(11 Sessions)

Lakewood Civic Centre 28439
Saskatoon Field House 28440
Shaw Centre 28441

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

🌀 Revamp Your Workout \$67.50

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 28444
Shaw Centre 28445
Saskatoon Field House 28446

🌀 Home Fitness \$67.50

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 28561
Saskatoon Field House 28562
Shaw Centre 28563
Cosmo Civic Centre 28565
Lawson Civic Centre 28567
Harry Bailey Aquatic Centre 28568

🌀 Adult Basic Weight Training \$50.25

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 28450
Saskatoon Field House 28452
Shaw Centre 28455

GENERAL & GENTLE FITNESS & HEALTH

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!

Shaw Centre
Apr 12-26 Th 07:00 PM-08:00 PM \$29.75 28349

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
Apr 17-Jun 19 Tu 07:00 PM-08:00 PM \$95 28284

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
Apr 15-Jun 10 Su 10:00 AM-11:00 AM \$76 28286

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.

Registered Programs

ADULT PROGRAMS

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

Apr 10-Jun 1 Tu, F 10:30 AM-11:30 AM \$104.50 28287

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

Apr 11-Jun 1 W, F, M 11:00 AM-12:00 PM \$83.25 28291

Apr 11-Jun 1 W, F, M 01:30 PM-02:30 PM \$83.25 28288

Forever...in motion Aquatic **NEW**

Specifically designed for people 50+, this low impact aquatic exercise program is ideal for those with limited mobility and joint discomfort. Improve your endurance, flexibility, strength and balance as you participate in functional exercises to keep you strong and healthy.

Lawson Civic Centre

Apr 10-May 10 Tu/Th 10:50 AM-11:35 AM \$56.75 28289

May 15-Jun 14 Tu/Th 10:50 AM-11:35 AM \$56.75 28290

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!

Shaw Centre (Indoor)

Apr 10-May 10 Tu, Th 07:00 PM-08:00 PM \$68.25 28292

Shaw Centre (Outdoor - weather permitting) **NEW**

May 22-Jun 21 Tu, Th 07:00 PM-08:00 PM \$68.25 28293

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.

Shaw Centre (Indoor)

Apr 16-May 9 M, W 01:30 PM-02:30 PM \$43.75 28359

Apr 17-May 10 Tu, Th 10:00 AM-11:00 AM \$43.75 28360

Shaw Centre (Outdoor - weather permitting) **NEW**

May 22-Jun 21 Tu/Th 10:00 AM-11:00 AM \$43.75 28367

RECREATION

ARTS, CULTURE & RECREATION

French Cuisine

French cuisine is considered among the world's best. You will learn what it is all about. Instructed by Brent Lloyd.

Cosmo Civic Centre

Apr 2 M 07:00 PM-10:00 PM \$55.25 28294

May 16 W 07:00 PM-10:00 PM \$55.25 28318

Jun 4 M 07:00 PM-10:00 PM \$55.25 28319

**Watch for the Summer 2012
Mini Guide being delivered to
your door on June 10!**

Taste of Italy

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

Cosmo Civic Centre

Apr 11 W 07:00 PM-10:00 PM \$55.25 28295

Apr 30 M 07:00 PM-10:00 PM \$55.25 28315

Jun 6 W 07:00 PM-10:00 PM \$55.25 28316

Thai I

Come and create some delicious Thai food that will leave your taste buds tingling. Instructed by Brent Lloyd.

Cosmo Civic Centre

Apr 4 W 07:00 PM-10:00 PM \$49.25 28296

May 7 M 07:00 PM-10:00 PM \$49.25 28310

May 30 W 07:00 PM-10:00 PM \$49.25 28311

Thai II

Bringing Thai cooking to the next level, this class will leave you wanting more! Instructed by Brent Lloyd.

Cosmo Civic Centre

Apr 23 M 07:00 PM-10:00 PM \$55.25 28312

May 9 W 07:00 PM-10:00 PM \$55.25 28313

Jun 18 M 07:00 PM-10:00 PM \$55.25 28314

Vietnamese I

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

Cosmo Civic Centre

Apr 16 M 07:00 PM-10:00 PM \$49.25 28297

May 2 W 07:00 PM-10:00 PM \$49.25 28306

May 28 M 07:00 PM-10:00 PM \$49.25 28307

Vietnamese II

Taking Vietnamese cooking to the next level, this class will leave you wanting more! Led by Brent Lloyd.

Cosmo Civic Centre

Apr 25 W 07:00 PM-10:00 PM \$55.25 28298

May 14 M 07:00 PM-10:00 PM \$55.25 28308

Jun 20 W 07:00 PM-10:00 PM \$55.25 28309

Soups & Stews

There is nothing better than a smell of homemade soup or a hardy stew simmering on the stove just waiting for your ladle. Come and learn how to make this possible in your home. Led by Brent Lloyd.

Cosmo Civic Centre

Apr 18 W 07:00 PM-10:00 PM \$49.25 28304

May 23 W 07:00 PM-10:00 PM \$49.25 28317

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

May 10-17 Th 07:00 PM-09:00 PM \$53.50 28300

Lakewood Civic Centre

May 3-10 Th 07:00 PM-09:00 PM \$53.50 28305

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

Apr 19-26 Th 07:00 PM-09:00 PM \$45.25 28303

Creative Photography

Take your photography to the next level! Class will cover technical and aesthetic skills including composition rules, basic colour theory, working with lighting conditions, editing and more. Participants will receive constructive feedback on assignments to deepen your understanding of photography and improve your work.

Lakewood Civic Centre

May 17-24 Th 07:00 PM-09:00 PM \$53.50 28328

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.

Saskatoon Field House

May 8-Jun 19 Tu 07:15 PM-08:15 PM \$108.50 28302

Boat Operator Accredited Training (B.O.A.T.)

The Lifesaving Society B.O.A.T. course provides the following knowledge: safety, risk management skills, and the rules of operating pleasure crafts on water. This lifetime certification must be carried onboard by operators of all pleasure craft powered by a motor. An exam will be administered at the end of the course; must achieve 75% on exam to receive card.

Lakewood Civic Centre

Apr 15 Su 03:45 PM-07:45 PM \$59.25 28320

Apr 22 Su 03:45 PM-07:45 PM \$59.25 28321

Apr 29 Su 03:45 PM-07:45 PM \$59.25 28322

May 13 Su 03:45 PM-07:45 PM \$59.25 28323

FAMILY FUN

Adult & Teen Cardio & Core

This program combines a cardio workout with free-weight instruction. The instructor creates a non-intimidating and easy to follow environment for all the participants.

Shaw Centre

Apr 15-Jun 10 Su 10:00 AM-11:00 AM \$54.25 28260

Parent & Child Floor Hockey

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

Apr 14-May 12 Sa 09:00 AM-09:45 AM \$49.50 28261

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

See page 17 for details.



**FITNESS CIRCUIT &
TERRY FOX TRACK**