

LEISURE GUIDE

Spring/Summer 2021

New Book A Visit at
a leisure facility. p. 12



Family Fun!



 City of
Saskatoon



An important message regarding COVID-19 p. 2



An important message regarding COVID-19

Sport, culture and recreation has never been more important for the physical and mental wellness of our community, as we continue to support each other during this unprecedented time.

All City of Saskatoon leisure facilities are open with limited programming, enhanced safety protocols and in full compliance with the guidelines and restrictions as required by the Chief Medical Health Officer and regulated under the Re-open Saskatchewan plan.

The Spring/Summer Leisure Guide might not have all the details it normally does this time of year, but it is still packed full of information on activities for all ages and abilities. Please visit the websites below and noted throughout the Guide for the most up-to-date details on programs and services.

We've missed you and look forward to welcoming you back in the Spring, Saskatoon!

Note: photos featured throughout the Leisure Guide were taken prior to COVID-19.

We've gone digital!

All of the great arts, culture and recreation programs listed in the *Leisure Guide* are also available online, anytime.



View the current Leisure Guide online

saskatoon.ca/leisureguide



Browse and register for Registered Programs with Leisure Online

saskatoon.ca/leisureonline



Check out Drop-in Program times and book your visit in advance by selecting the "Book a Visit" link on Leisure Online

saskatoon.ca/leisureonline



Connect with your neighbourhood Community Association to see what they have to offer this season

saskatoon.ca/communityassociations

The City of Saskatoon *Leisure Guide* is your community source for sports, culture and recreation programs in Saskatoon!

Find a variety of Registered and Drop-in Programs designed to help you get fit or learn a new skill. You'll also find out about sports, culture and recreation opportunities offered by community organizations throughout the city. The Spring/Summer 2021 Guide is valid from April 1 to August 31, 2021 — bookmark it online (saskatoon.ca/leisureguide) or keep your copy handy to refer to upcoming classes and events.

Interested in advertising your community-based sport, culture or recreation organization? Call the Saskatoon StarPhoenix at 306-657-6340.

IMPORTANT NOTE: As part of our commitment to reduce our environmental footprint, the City is printing fewer Leisure Guides and has transitioned from home delivery to pick-up and online distribution. Don't worry, the Leisure Guide is not going away! It will be available two weeks in advance of registration either online at saskatoon.ca/leisureguide or you can pick up a copy at any City leisure facility, Saskatoon library or over 120 retail locations throughout Saskatoon and limited surrounding areas - anywhere the StarPhoenix is sold.



Mark your calendars!

- ✓ 2021 Summer Mini Guide available in late May-early June.
- ✓ 2021 Fall Leisure Guide available Tuesday, August 3, 2021.
- ✓ Registration for Fall programs begins Sunday, August 15, 2021.



Spring/Summer 2021 Leisure Guide cover photo taken at Silverwood Golf Course. Learn more about municipal golf courses on pages 20-21 or visit saskatoon.ca/golf to book your tee time online.

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Wheelchair Accessibility and Individuals with Special Needs

The City of Saskatoon works to remove barriers to full participation. People with special needs are invited and encouraged to participate in all Recreation & Community Development programs. Please contact the site you are registering at to let us know if you or a member of your family requires assistance to participate in a program. Every effort will be made to address individual needs and ensure a positive experience for all program participants. Accessibility to our facilities is provided with wheelchair ramps, elevators, zero-depth pools, a portable aquatic lift (Shaw Centre) and other amenities.

Should you require assistance to participate in the program of your choice, or would like further information on any of our facilities, call 306-975-3392.

INDOOR LEISURE CENTRES

- | | | |
|---|--|---|
| 1 | COSMO CIVIC CENTRE | 6 |
| | 3130 Laurier Drive | |
| 2 | HARRY BAILEY AQUATIC CENTRE | 7 |
| | 1110 Idylwyld Drive North | |
| 3 | LAKESWOOD CIVIC CENTRE | 7 |
| | 1635 McKercher Drive | |
| 4 | LAWSON CIVIC CENTRE | 8 |
| | 225 Primrose Drive | |
| 5 | SASKATOON FIELD HOUSE | 8 |
| | 2020 College Drive | |
| 6 | SHAW CENTRE | 9 |
| | 122 Bowlf Crescent | |
| 7 | TERRY FOX TRACK | 9 |
| | 150 Nelson Road | |

SKATING

- | | | |
|----|--|--|
| 8 | ACT ARENA | |
| | 107-105th Street | |
| 9 | ARCHIBALD ARENA | |
| | 1410 Windsor Street | |
| 1 | COSMO ARENA | |
| | 3130 Laurier Drive | |
| 10 | GORDIE HOWE KINSMEN ARENA | |
| | 1405 Avenue P South (<i>Rentals only</i>) | |
| 11 | LIONS ARENA | |
| | 2205 McEown Avenue | |
| 12 | CLARENCE DOWNEY SPEED SKATING OVAL , Dudley Street & Avenue R | |

OTHER ATTRACTIONS

- | | | |
|----|---|----|
| 13 | SASKATOON FORESTRY FARM | 25 |
| | PARK & ZOO , 1903 Forestry Farm Park Drive | |
| 14 | OUTDOOR FITNESS CIRCUIT AT RIVER LANDING | |
| 15 | NUTRIEN PLAYLAND AT KINSMEN PARK | 22 |
| | 945 Spadina Crescent | |
| 16 | GORDON HOWE CAMPGROUND | 22 |
| | 1640 Avenue P South (off 11th Street) | |

GOLF COURSES

- | | | |
|----|---------------------------------------|----|
| 17 | HOLIDAY PARK GOLF COURSE | 20 |
| | 1630 Avenue U South (off 11th Street) | |
| 18 | SILVERWOOD GOLF COURSE | 21 |
| | 3503 Kinnear Avenue | |
| 19 | WILDWOOD GOLF COURSE | 21 |
| | 4050 8th Street East | |

OUTDOOR POOLS

- | | | |
|----|-------------------------------|----|
| 20 | GEORGE WARD POOL | 23 |
| | 1915 5th Street East | |
| 21 | LATHEY POOL | 23 |
| | 815 Taylor Street | |
| 22 | MAYFAIR POOL | 23 |
| | 1025 Avenue F North | |
| 23 | RIVERSDALE POOL | 23 |
| | 822 Avenue H South | |

DOG PARKS

- | | | |
|----|--|--|
| 24 | AVALON | |
| | South end of Broadway at Glasgow Street | |
| 25 | CASWELL | |
| | Avenue F North and 31st Street West | |
| 26 | CHIEF WHITECAP | |
| | Access via Saskatchewan Crescent off of Cartwright Street | |
| 27 | FRED MENDEL | |
| | Avenue W South and 17th Street West | |
| 28 | HAMPTON | |
| | North on Range Road 3060 near the airport | |
| 29 | HYDE | |
| | South end of Hyde Park adjacent to Boychuck Drive | |
| 30 | PAUL MOSTOWAY | |
| | Richardson Road east of McClocklin Road | |
| 31 | PIERRE RADISSON | |
| | Between 32nd Street and 33rd Street at Faulkner Crescent | |
| 32 | SILVERWOOD | |
| | Access off Kinnear Avenue or the east end of Adilman Drive | |
| 33 | SOUTHWEST | |
| | Off Valley Road, near Cedar Villa Estates | |
| 34 | SUTHERLAND BEACH | |
| | West off Central Avenue just north of Attridge Drive | |



Find Your Fun!

Saskatoon has six indoor Leisure Centres located throughout the city, plus the Terry Fox Track. More than just a gym, each Centre is unique and features amenities like swimming pools, waterslides, indoor tracks, gymnasiums, sport courts, fitness and weight rooms, child minding and even a skating rink and wave pool!

Leisure Centres offer fun and fitness for all ages and abilities. Learn more about Drop-in and Registered Program opportunities on pages 12-19 or visit saskatoon.ca/leisurecentres.



LEISURE CENTRES



***Program offerings, facility features and hours of operation may change due to COVID-19 restrictions. Visit saskatoon.ca/leisureonline for up-to-date information or call any Leisure Centre.**

COSMO CIVIC CENTRE (CCC)



3130 Laurier Drive • 306.975.3344 • saskatoon.ca/cosmo

Workout in the fitness and weight room, hit the walleyball court or go for a skate - all under the same roof. Cosmo has both Registered and Drop-in Programs for adults and children, space for meetings or birthday parties and the Carlyle King Branch Library** is a popular stop.

HOURS OF OPERATION*

Monday to Saturday 12:00 PM-6:00 PM
Sunday 12:00 PM-5:00 PM

*Closed on statutory holidays. *Facility hours are subject to change. Check out Drop-in Program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.*

***Visit saskatoonlibrary.ca for library hours and programming information.*

FACILITY FEATURES

- Gymnasium • Fitness & Weight Room • Rink
- Racquetball & Walleyball Court • Lockers
- Meetings Rooms • Theatre • Library
- Multi-Purpose Room • WiFi available



HARRY BAILEY AQUATIC CENTRE (HBC)



1110 Idylwyld Drive • 306.975.3321 • saskatoon.ca/harrybailey

The zero-entry beach area, high diving boards and climbing wall are exciting for swimmers of all ages and skill levels. The pool is a favourite for speed and synchronized swimmers, aspiring divers and water polo teams. Just minutes from downtown, the weight room is perfect for a quick lunchtime workout. A popular spot for registered swimming lessons and Drop-in Aquatic Programs.

HOURS OF OPERATION*

Monday & Wednesday 6:00 AM-9:00 PM

Tuesday & Thursday 6:00 AM-9:30 PM

Friday 6:00 AM-10:00 PM

Saturday 9:00 AM-9:00 PM

Sunday 10:00 AM-8:00 PM

**Facility hours are subject to change. Check out Drop-in Program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.*

FACILITY FEATURES

- 8-lane Competitive Pool
- Diving Boards & Platforms • 6-lane Warm-Up Pool
- Tot Pool with Spray Features • Hot Tubs & Sauna
- Multi-Purpose Room • Zoom Slide & Climbing Wall
- Poolside Deck & Viewing Area • Lockers
- Fitness & Weight Room • WiFi available



LAKWOOD CIVIC CENTRE (LWC)



1635 McKercher Drive • 306.975.2944 • saskatoon.ca/lakewood

Float past the tropical trees, ride the waterslide and enjoy the water features of the beach-entry pool. Be sure to also stop at the Cliff Wright Branch Library**.

HOURS OF OPERATION*

Monday to Friday 6:00 AM-10:00 PM

Saturday 9:00 AM-8:00 PM • Sunday 10:00 AM-6:00 PM

**Facility hours are subject to change. Check out Drop-in Program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.*

***Visit saskatoonlibrary.ca for library hours and programming information.*

FACILITY FEATURES

- Zero-depth Leisure Pool • Hot Tub
- Water Features with 150 ft Waterslide
- Sauna • Gymnasium • Lockers • WiFi available
- Multi-Purpose Room • Preschool Room • Library
- Fitness & Weight Rooms • Poolside & Outdoor Decks
- Meeting Room



Check out Drop-in Program times and book your visit in advance by selecting the "Book a Visit" link on Leisure Online.

saskatoon.ca/leisureonline

LAWSON CIVIC CENTRE (LCC)



225 Primrose Drive • 306.975.7873 • saskatoon.ca/lawson

Ride the waves to fun in Saskatoon's only wave pool! Drop in for a fitness class, watch swimming lessons from the treadmill or bring your kids to enjoy the indoor playground. Complete your visit with a browse through the Rusty MacDonald Branch Library**.

HOURS OF OPERATION*

Monday to Thursday 6:00 AM-10:00 PM

Friday 6:00 AM-9:00 PM

Saturday 9:00 AM-06:00 PM

Sunday 10:00 AM-6:00 PM

*Facility hours are subject to change. Check out Drop-in Program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.

**Visit saskatoonlibrary.ca for library hours and programming information.



FACILITY FEATURES

- Zero-depth Wave Pool • Water Features
- Hot Tub • Multi-Purpose Room
- Indoor Playground • Fitness & Weight Room
- Poolside & Outdoor Decks • WiFi available
- Lockers • Library • Cafeteria

SASKATOON FIELD HOUSE (SFH)



2020 College Drive • 306.975.3354 • saskatoon.ca/fieldhouse

Focus on health and wellness with fitness equipment, a track, sports courts and fitness classes — all under one roof. The six-lane track is great for walkers, joggers, runners and strollers too. Fitness classes range from high-intensity spin classes, to Fit Over 50 programs, to yoga. Challenge a friend to a round of badminton or pickleball on the sports courts when drop-in time is available.

HOURS OF OPERATION*

Monday to Friday 9:00 AM-9:00 PM

Saturday & Sunday 9:00 AM-5:00 PM

*Facility hours are subject to change. Check out Drop-in Program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.

FACILITY FEATURES

- 6-lane, 200 metre Indoor Track
- Indoor Courts • Dance Studio
- Lockers • Fitness & Weight Room
- Steam Room/Sauna
- Multi-Purpose Rooms
- Child Minding Rooms
- WiFi available



saskatoon.ca/facilityrentals

Leisure Centres can accommodate groups for almost every kind of occasion. Flexible rental plans allow you to rent the entire building, or just the facilities you need. See page 26.

SHAW CENTRE (SCC)



122 Bowlf Crescent • 306.975.7744 • saskatoon.ca/shawcentre

Children love the water sprayers, floating around the rapids and watching the colourful water buckets fill and tip. The waterslide is fun for all with a shallow exit that is perfect for little ones. The Hamm Fitness Centre overlooks the pool and offers excellent variety for your workout, offering weight machines, free weights and treadmills, ellipticals, rowers and cycling. Walkers, joggers, runners and strollers are welcome on the Hamm Walking Track. The Shaw Centre also offers a variety of aquatic and dryland fitness classes. Check the schedule - you may catch a world-class aquatic event in the competitive pool!

HOURS OF OPERATION*

Monday to Friday 6:00 AM-10:00 PM

Saturday 8:30 AM-9:00 PM

Sunday 9:00 AM-8:00 PM

**Facility hours are subject to change.*

Check out Drop-in Program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.

FACILITY FEATURES

- 10-lane High Performance Competitive Pool
- Diving Boards & Platforms • 6-lane Warm-Up Pool
- Family Pool with Waterslide & Water Features
- Portable Aquatic Lift • Family & Adult Hot Tubs
- Hamm Fitness Centre • Hamm Walking Track
- Community Gymnasiums • Multi-Purpose Room
- Child Minding Room • Large Playground***
- Hamm Multi-Purpose Fields*** • Lockers

***Outdoors



TERRY FOX TRACK (TFT)



150 Nelson Road (inside the Saskatoon Sports Centre)
306.975.3354 • saskatoon.ca/terryfoxtrack

CLOSED. Terry Fox Track is subject to the operations of the Saskatoon Sports Centre.

FACILITY FEATURES

- 2-lane, 365 metre Indoor Track
- Cafeteria (Lobby)
- Lockers



Check out Drop-in Program times and book your visit in advance by selecting the "Book a Visit" link on Leisure Online.

saskatoon.ca/leisureonline

All general, Bulk Ticket and LeisureCard admission options provide access to Leisure Centre program offerings including: public, family and lane swimming; aquafitness and fitness classes; indoor walking and jogging tracks; fitness and weight rooms; suspension training; open gym, racquet and court sports; and indoor playgrounds for ages seven and under.

To learn more about admission options, visit saskatoon.ca/admissions or contact any Leisure Centre (pages 6-9).

GENERAL ADMISSION

No membership required! Simply pay a general admission to enjoy any indoor Leisure Centre.

Prices include GST	Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family
Single Admission	\$9.80†	\$5.90	FREE	\$19.60
Group Rates[^]	\$9.30	\$5.40	FREE	n/a
Bulk Tickets (10)	\$75.00	\$45.00	FREE	\$150.00

What is a Bulk Ticket?

Buy 10 general admissions for less than the price of eight! Bulk Tickets never expire and are transferable to family and friends. They also make great birthday gifts or additions to treat bags.

Child Minding

Child Minding is included FREE with a Family General Admission and Family Bulk Ticket purchase.

General Admission is non-refundable.

† General Admission to the Terry Fox Track is \$4.00.

[^] For groups of six or more people.

GIFT CARDS

Leisure Gift Cards are available in any amount and perfect for all ages. Good for use at the Leisure Centres, Outdoor Pools, Indoor Rinks, Saskatoon Forestry Farm Park & Zoo, Golf Courses, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

CHILD MINDING

Child Minding provides a safe and fun environment for children six years of age and under while their parent or guardian participates in a Leisure Centre activity. Offered at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre. **Child Minding is currently not available due to COVID-19 restrictions. Watch for future availability at saskatoon.ca/leisureonline.**



Prices include GST	First Child	Each Additional Child
General Admission	\$3.50/hr	\$2.10/hr
Bulk Ticket (10 hours)	\$28.00	\$16.80

FREE with a Family LeisureCard, Family Bulk Ticket or Family General Admission.

THE FINE PRINT

Family Rates Family is defined as a group up to seven individuals with a maximum of two adults.

Children Under 6 Years Children under the age of six are admitted FREE of charge when accompanied by a parent or guardian. To help children stay safe in and around the water, the City requires that all participants comply with the following policy: "For every two children under the age of six, there must be one adult or responsible youth (16 years or older) within arm's length, supervising the children's water play and activity." The best life preserver for your child is YOU! Infants and toddlers participating in water play must wear an appropriate swim diaper.

Children/Youth Under 14 Years Participants under the age of 14 will require an adult guardian to be present in order to assist with proper screening and compliance of physical distancing requirements.

Youth Use of Fitness & Weight Rooms Youth ages 7-12 are allowed to use cardio equipment only and must be directly supervised by an adult. Youth ages 13-15 are allowed to use cardio and strength equipment and must be directly supervised by an adult (unsupervised if they have a Youth Weight Room Card). Youth must be 15 and older to participate in an instructor led fitness program.

Spectators Leisure Centres are operating at limited capacity in accordance with the Government of Saskatchewan's Public Health Orders and Re-open Saskatchewan plan. Whether participating or watching, everyone in the area counts towards the program limit. Because of this, the Leisure Centres are currently not allowing unregistered spectators during swim sessions. Anyone interested in watching their family member in the pool may register with the participant through Book a Visit and pay an admission fee.



LEISURECARD

A LeisureCard provides unlimited access to all six Leisure Centres, plus the City's outdoor pools, indoor rinks and Terry Fox Track. It's the best discount admission option for those who visit a Leisure Centre more than two times per week.

Prices include GST	Adult (19+)	Youth (6-18 yrs)	Family
LeisureCard* (Monthly Rate)	\$50.00	\$30.00	\$100.00
Summer Indoor LeisureCard	\$99.00	\$59.00	\$198.00
2-Week Trial Pass	\$25.00	\$20.00	\$30.00



LeisureCard Reward Programs

PICK YOUR PERK

Being a 12-month LeisureCard holder has its perks! Simply sign up for a 12-month LeisureCard, pay either in full or installments, and if your card is still active at the end of its term you will be eligible to pick from one of the following:

Perk 1 Early Bird Registration. Enjoy a full-year of 24-hour advance registration access for leisure programs, including Red Cross swimming lessons!

Perk 2 12 months for the price of 11. Renew your 12-month LeisureCard for the price of 11 months.

Perk 3 \$50 PerkCard. Give as a gift or keep for yourself. The promotional \$50 PerkCard is valid for one year and can be used towards purchases* at the following leisure facilities:

- Leisure Centres • Outdoor Pools • Municipal Golf Courses
- Nutrien Playland at Kinsmen Park • Gordon Howe Campground
- Saskatoon Forestry Farm Park & Zoo

*some facility-specific restrictions apply.

REFER A FRIEND

Attention LeisureCard holders! Recommend a LeisureCard to friends and family and if they purchase three months or more, your current LeisureCard will be extended by one month!

Some restrictions apply.

For more information on LeisureCard Reward Programs, contact any Leisure Centre (see pages 6-9) or visit saskatoon.ca/admissions.

New! Corporate LeisureCard

If your company or organization has an office located in Saskatoon and 25 or more employees, there's an exciting new Corporate LeisureCard for you! The Corporate LeisureCard provides a 20% discount on all LeisureCards for employees and their families and there is no fee for businesses to register.

For more information visit saskatoon.ca/corporateleisurecard.

Summer Indoor LeisureCard

Visit the indoor Leisure Centres in June, July and August for a discounted rate.

Sales begin May 1 and end June 20. Not valid at outdoor pools. Non-refundable, non-transferable and no extension for medical, vacation or facility shutdowns.

Weight Room Orientation

A 20-minute fitness and weight room orientation is provided with the purchase of every LeisureCard. Currently not available due to COVID-19.

Child Minding

Child Minding is FREE with the purchase of a Family LeisureCard. Currently not available due to COVID-19.

* LeisureCards are non-transferable. Refunds not available for one-month cards. Payment plans available for six and 12-month cards.



LEISURE ACCESS PROGRAM

The Leisure Access Program provides access for eligible low-income residents within the city to participate in City of Saskatoon leisure facilities and programs. The program includes unlimited admission to Drop-in Programs at one of six Leisure Centres, one registered recreation program per year and complimentary ride tickets for Nutrien Playland at Kinsmen Park.

To review eligibility criteria or apply online, please visit saskatoon.ca/leisureaccess. Application forms are also available at any Leisure Centre. For further information about the Leisure Access Program call 306-975-3383 or email leisureaccess@saskatoon.ca.



Drop-in Programs

Short on time or scared to commit? Drop-in Programs offer the flexibility of swimming or working out when it is convenient for you. All general, Bulk Ticket and LeisureCard admission options provide drop-in access to Leisure Centre program offerings, including:

- public, family and lane swimming
- aquafitness and fitness classes*
- indoor walking/jogging tracks
- fitness and weight rooms; suspension training**
- open gym, racquet and court sports
- indoor playground (ages seven and under)

Spring/Summer Drop-in Programs run from April 1 to August 31. Check out Drop-in Program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.

* A separate admission fee (General Admission, Bulk Ticket or LeisureCard) is required for each instructor-led fitness class.

** Youth ages 7-12 are allowed to use cardio equipment only and must be directly supervised by an adult. Youth ages 13-15 are allowed to use cardio and strength equipment and must be directly supervised by an adult (unsupervised if they have a Youth Weight Room Card). Youth must be 15 and older to participate in an instructor-led fitness program.



Program offerings may change due to COVID-19 restrictions. For up-to-date information and to book your visit go to saskatoon.ca/leisureonline.

Book a Visit!

To keep the public and our staff as safe as possible and reduce the risk of COVID-19 transmission at Leisure Centres, Drop-in Programs are being offered in timed sessions. This helps to manage capacity limits and allow for necessary physical distancing. Sessions include entry and exit times and session breaks allow for cleaning and sanitization of common areas. The duration of your session will be shown when you book.

Book your visit up to 2 days in advance! New sessions open for booking at 9:00 a.m. each day.

ONLINE saskatoon.ca/leisureonline

NOTE: You must be logged out of your Leisure Online account to book a visit to a leisure facility.

Sessions shown in red are either full or are not yet available for booking.

PHONE 306.975.2855

Available from 9:00 a.m. to 6:00 p.m., daily.

There are a limited number of walk-in spots available for some Drop-in Programs, but please keep in mind there may be line-ups so pre-booking is encouraged. If you do not arrive within 15 minutes from the start of your booked session time, your spot will be given to someone waiting in line. To accommodate public health orders for class size, walk-in spots are not available for some programs.



To cancel an online booking or for general inquiries, please call any Leisure Centre during regular hours of operation (pages 6-9).

Note: no equipment or toys provided at this time; please bring your own.

SWIMMING

Includes access to pool area and amenities during public open times.

Aqua Walk Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self Directed. Deep Water Aqua Walk is available at Lawson Civic Centre.

Family Swim Time for families only.

Lane Swim Self-directed swimming for fitness. 25m and 50m lanes (50m available only at SCC).

Parent & Tot Swim Pool time for parents with children under six.

Public Swim Open time for everyone.

RECREATION & SPORT

Includes access to fitness and weight rooms, indoor tracks and other amenities.

Badminton Birdies and racquets not provided. Birdies can be purchased from Customer Service. Call facility two days in advance to reserve a court.

Basketball An opportunity to play pickup games.

Family Gym Participate together as a family in the gym. Sports equipment is provided for use.

Indoor Playground 7 yrs & under. Climb, slide and run around in a space filled with toys and play equipment. Adult supervision required.

Indoor Play Zone 6 yrs & under. Prepare to enter the zone of endless fun and giggles, where kids can run, climb and play to their heart's content in a large space filled with balls, hoops, tunnels and more! Parents/guardians must be present.

Pickleball Combines elements of tennis, badminton and ping pong. Racquets not provided. Call facility in advance to reserve a court. Open play options available.

Public Gym Participate in your favourite gym activity.

Racquetball Racquet sport played in a four-walled court. Bring your own equipment.

Teen Open Gym 10-18 yrs. Play basketball with your friends or participate in your favourite gym activity. Supervised by facility staff. FREE!

Walleyball Walleyball court rentals are available in one-hour blocks for \$19.60/hour. Call Cosmo in advance to reserve a court.

GENERAL FITNESS CLASSES

15 yrs+. Provides scalable intensity and exercise modifications for all levels of activity ranging from basic to advanced.

Boxercise Utilizes footwork, sparring, and cardio for a fast paced workout.

Cardio & Sculpt A combination of cardio and strength building exercises for a complete workout using various types of equipment.

Fitness Yoga Introduces fundamental strength conditioning and flexibility components with yoga-based movement. Not recommended for women who are pregnant.

HIIT High Intensity Interval Training classes alternate between high and low intensity exercises.

Intermediate Fitness Yoga Increase the challenge with the addition of intermediate poses and new variations of beginner poses. Not recommended for women who are pregnant.

Muscle Sculpt Improves flexibility, muscular strength and endurance with a variety of strengthening and stretching techniques with equipment.

Hi/Lo Combines high and low impact moves.

Group Cycle Uses varying degrees of tension and techniques through hills, speed drills, intervals, strength and core endurance.

Group Cycle & Sculpt Alternates beginner/intermediate stationary cycling with intensive muscle conditioning.

Step Improves cardio endurance with step combinations.

Zumba® Burn calories and get energized through movements that fuse Latin rhythms and easy to follow steps. Learn the steps to the four basic rhythms of merengue, salsa, cumbia and samba.

Aqua Fitness Enjoy the unique benefits of a total body workout in shallow water, alternating between cardio and muscle conditioning. No swimming skills required.

GENTLE FITNESS CLASSES

15 yrs+. Provides moderately paced exercises with a focus on maintaining or restoring functional fitness and mobility.

Chair Yoga Gentle yoga using chair support to improve strength, flexibility and balance.

Functional Fitness Builds strength, corrects posture and balance with stretching exercises and mild aerobics.

Gentle Fitness Yoga A slower paced yoga class with more emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility.

Low Impact & Sculpt Combines cardiovascular, light weight training and flexibility exercises.

Gentle Aqua Fitness Strengthens muscles and improves mobility, utilizing the buoyancy of waist to chest deep water to reduce the stress on joints.

Deep Water Aqua Fitness Minimizes joint stress using flotation belts to provide support while you work out in the deep end. Tethers may be utilized during class at Shaw Centre.



Check out Drop-in Program times and book your visit in advance by selecting the "Book a Visit" link on Leisure Online.

saskatoon.ca/leisureonline



Registered Programs

Leisure Centres offer a wide range of Registered Programs each season – from Red Cross swimming lessons, to preschool and youth recreation programs and adult fitness and specialized wellness programs.

Pre-registration and payment of a class fee is required to participate in a Registered Program. Access is not included with a General Admission, Bulk Ticket or LeisureCard.

Registration for Spring* programs begins **Sunday, March 14 at 6:00 PM.**

**A separate registration date will be held for Summer programs. Watch for the Summer Mini Guide for more information.*



Registered programs will be offered for Spring 2021 in compliance with the guidelines and restrictions required by the Chief Medical Health Officer and regulated under the Government of Saskatchewan's Re-open Saskatchewan plan. Program information, dates, times and locations will be posted on leisureonline.saskatoon.ca prior to the start of registration on Sunday, March 14.

HOW TO REGISTER

The first day of registration is busy. Please be patient as it may take several attempts to get through.



ONLINE leisureonline.saskatoon.ca

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Online registration begins Sunday, March 14 at 6:00 PM.



Be Prepared!

- 1 To use Leisure Online you will require a username and password. Visit leisureonline.saskatoon.ca prior to registration day to set up your account, if you haven't already done so.
- 2 Classes fill quickly, so be prepared with 2nd and 3rd choices. Make a list with the programs (including codes) you want and your alternate choices.
- 3 Consider registering at other Leisure Centres if your nearest location isn't available.



PHONE 306.975.2800

Phone registrations for Spring programs start on Sunday, March 14 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, March 14 – 6:00 PM-9:00 PM

Monday, March 15 – 8:00 AM-1:00 PM

Tuesday, March 16 – 8:00 AM-1:00 PM

To register by phone after March 16, contact any Leisure Centre (see pages 6-9).

VISIT A FACILITY

Walk-in registrations for Spring programs begin Monday, March 15 at 6:30 AM unless otherwise noted at the following locations:

Cosmo Civic Centre, 3130 Laurier Drive (*opens at 12 PM*)

Harry Bailey Aquatic Centre, 1110 Idylwyld Drive

Lakewood Civic Centre, 1635 McKercher Drive

Lawson Civic Centre, 225 Primrose Drive

Saskatoon Field House, 2020 College Drive (*opens at 9 AM*)

Shaw Centre, 122 Bowlt Crescent

THE FINE PRINT

Registration Confirmation

All registrations will receive a confirmation receipt by email after payment is complete. The confirmation will identify dates and times of classes, cancelled dates, information on equipment and materials or supplies to bring to your first class. If you do not receive confirmation of your registration within five days, please call the facility where your program is being held. *Be sure to retain your receipts. Some programs may qualify for the Provincial Active Families Benefit on your income tax.*

Refunds

All classes are subject to minimum and maximum enrolments. If minimum enrolment is not received, the class will be cancelled and a full refund issued. Other refund instances: • Full refund if cancellation is received seven days prior to course start. 50% refund if cancellation is received less than seven days prior to course start. Full refund if your vacated spot is filled by another registrant before course starts. • 50% refund if cancellation is received after course has started, but no more than 20% completed. • Pro-rated refund for cancellations at any time due to medical reasons (certificate required).

PROGRAMS & ACTIVITIES

RED CROSS SWIM PROGRAM



Red Cross swimming lessons will be planned for the Spring 2021 season in accordance with the Government of Saskatchewan's and Canadian Red Cross COVID-19 safety guidelines and restrictions. Program information, dates, times and locations will be posted on leisureonline.saskatoon.ca prior to the start of registration on Sunday, March 14.

LESSON LEVEL DESCRIPTIONS



RED CROSS SWIM PRESCHOOL

Ages 4-36 months; parented

Red Cross Swim Preschool is an eight-level program that allows your children, aged four months to five years, to enter levels based on their age and abilities. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children. A parent or caregiver will participate in the classes together with their child. Progression is based on participation and age.



Starfish 1st PARENTED LEVEL - Ages 4-12 months

Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water and shallow water entries and exits.

HBC, LCC, LWC, SCC



Duck 2nd PARENTED LEVEL - Ages 12-24 months

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery and shallow water entries and exits.

HBC, LCC, LWC, SCC



Sea Turtle 3rd PARENTED LEVEL - Ages 24-36 months

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

HBC, LCC, LWC, SCC



The City of Saskatoon will be following the Canadian Red Cross COVID-19 Safety Guidelines to deliver swim lessons at the Leisure Centres. This means Water Safety Instructors will deliver swim lessons from the pool deck and all Red Cross Swim Preschool and Swim Kids 1-4 programs will require a parent/guardian in the water to assist swimmers. A maximum of two children can be with one parent/guardian.



RED CROSS SWIM PRESCHOOL

Ages 3-5 years; parented

Children will participate in the program with a parent and will be with the instructor at all times. Progression is based on skill evaluation.



Sea Otter 4th PARENTED LEVEL - Ages 3-5 yrs
Swimmers work on front and back floats and glide, kicking on front with a bouyant object and will be able to swim one metre upon completion of this level. *Note: If 6+ and Sea Otter is completed or not completed, register in Swim Kids Level 1.*

HBC, LCC, LWC, SCC



Salamander 5th PARENTED LEVEL - Ages 3-5 yrs
Swimmers work on improving their front and back floats and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim two metres upon completion. *Note: If 6+ and Salamander is completed or not completed, register in Swim Kids Level 1.*

HBC, LCC, LWC, SCC



Sunfish 6th PARENTED LEVEL - Ages 3-5 yrs
Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a personal floatation device and swim five metres continuously. *Note: If 6+ and Sunfish is not completed, register in Swim Kids Level 1; if 6+ and Sunfish is completed, register in Swim Kids Level 2.*

HBC, LCC, LWC, SCC



Crocodile 7th PARENTED LEVEL - Ages 3-5 yrs
Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a personal floatation device in deep water and swim 10 metres continuously. *Note: If 6+ and Crocodile is not completed, register in Swim Kids Level 2; if 6+ and Crocodile is completed, register in Swim Kids Level 3.*

HBC, LCC, LWC, SCC



Whale 8th PARENTED LEVEL - Ages 3-5 yrs
Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive and will be able to swim 15 metres continuously upon completion. *Note: If 6+ and Whale is completed or not completed, register in Swim Kids Level 3.*

HBC, LCC, LWC, SCC



Find programs and register online at
leisureonline.saskatoon.ca



RED CROSS SWIM KIDS

Ages 6+; levels 1-4 parented

Red Cross Swim Kids is a 10-level program for children ages six and up that will help swimmers develop all five swimming strokes (front and back crawl, elementary back stroke, breast stroke and sidestroke), actively learn how to be safe around the water and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal best in distance and time, which will be a strong motivator through all 10 levels. Red Cross Swim Kids teaches more than swimming skills – it allows kids to strive for and reach their personal best. Progression is based on skill evaluation.

Swim Kids Level 1 Ages 6+ 9th PARENTED LEVEL

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits and swim 5 metres.

HBC, LCC, LWC, SCC

Swim Kids Level 2 Ages 6+ 10th PARENTED LEVEL

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

HBC, LCC, LWC, SCC

Swim Kids Level 3 Ages 6+ 11th PARENTED LEVEL

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a personal floatation device in deep water, float in deep water, and swim 15 metres continuously.

HBC, LCC, LWC, SCC

Swim Kids Level 4 Ages 6+ 12th PARENTED LEVEL

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, are introduced to sculling and swim 25 metres continuously.

HBC, LCC, LWC, SCC

Swim Kids Level 5 Ages 6+

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back and swim 50 metres continuously.

HBC, LCC, LWC, SCC

Swim Kids Level 6 Ages 6+

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive and swim 75 metres continuously.

HBC, LCC, LWC, SCC

Swim Kids Level 7 *Ages 6+*

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.
HBC, LCC, LWC, SCC

Swim Kids Level 8 *Ages 6+*

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and swim 300 metres continuously.
HBC, LWC, SCC

Swim Kids Level 9 *Ages 6+*

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive and swim 400 metres continuously.
HBC, LWC, SCC

Swim Kids Level 10 *Ages 6+*

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim and swim 500 metres continuously.
HBC, LWC, SCC

HBC Harry Bailey Aquatic Centre • LCC Lawson Civic Centre • LWC Lakewood Civic Centre • SCC Shaw Centre

ADDITIONAL SWIM LESSON OPTIONS

Private Swim Lessons

Receive personalized attention with one-on-one private swim lessons. With the instructor's full attention, these half-hour sessions are an excellent opportunity to get to the next level of development. Available at Harry Bailey Aquatic Centre, Lakewood Civic Centre, Lawson Civic Centre and Shaw Centre. Call any facility for more information or to register.

Youth 1 session \$36.75 • 3 sessions \$107.50 • 5 sessions \$175.25
Adult 1 session \$40.75 • 3 sessions \$116.25 • 5 sessions \$189.75

Semi-Private Swim Lessons

Groups of two receive personalized instruction in semi-private swim lessons. Available at Harry Bailey Aquatic Centre, Lakewood Civic Centre, Lawson Civic Centre and Shaw Centre. Call any facility for more information or to register. All sessions are half-hour; prices are per person.

Youth 1 session \$27.50 • 3 sessions \$78.75 • 5 sessions \$128.25
Adult 1 session \$32.00 • 3 sessions \$91.00 • 5 sessions \$147.75

REGISTERED PROGRAMS

PROGRAMS & ACTIVITIES

RECREATION PROGRAMS (ALL AGES)

Recreation programs will be planned for the Spring and Summer 2021 seasons in accordance with the Government of Saskatchewan's COVID-19 guidelines and restrictions. Program dates, times and locations will be updated regularly on leisureonline.saskatoon.ca. Please check back often.

CHILDREN/YOUTH PROGRAMS

Multi-Sport Sampler

9-14 yrs. A great opportunity for youth to engage in physical activity while developing new and improved skills in a wide variety of sport activities.

Riverside Badminton & Tennis Club (645 Spadina Crescent West)

Learn to Badminton

May 7 F 09:00 AM-12:00 PM FREE CD2640-01

CAMPS

School Break Camp

Online sessions!

9-14 yrs. Join us during the school break for three days of creative activities led by qualified instructors. Register for as many of these virtual sessions as you would like. Supplies are provided. Details regarding supply pickup time and location, and program link, will be shared with participants a week prior to the session. For more information contact 306-975-3378.

Stories and Songs from Ecuador

Apr 6 Tu 09:00 AM-11:00 AM FREE CD2380-01

Intro to Drawing

Apr 6 Tu 01:00 PM-03:00 PM FREE CD2380-02

Watercolour Painting

Apr 7 W 09:00 AM-11:00 AM FREE CD2380-03

Acrylic Painting

Apr 7 W 01:00 PM-03:00 PM FREE CD2380-04

African Drumming

Apr 8 Th 09:00 AM-11:00 AM FREE CD2380-05

Print Making

Apr 8 Th 01:00 PM-03:00 PM FREE CD2380-06

PROGRAMS & ACTIVITIES

REGISTERED PROGRAMS

SPECIALIZED WELLNESS PROGRAMS

Specialized Wellness Programs will be planned for the Spring and Summer 2021 seasons in accordance with Government of Saskatchewan's COVID-19 guidelines and restrictions. Program offerings, dates and times are subject to change.

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

Apr-Aug	Tu, Th, Sa	Mornings
	Tu, Th	Evenings

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



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. The Alzheimer Society of Saskatchewan is currently not running in-person programming. For more information regarding the virtual program option, contact Alice Germann at 1-800-263-3367, by email at agermann@alzheimer.sk.ca, or visit alzheimer.ca/sk.

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

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

Apr-Aug	Tu, Th	01:00 PM-02:30 PM
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Parkinson's Exercise

Apr-Aug	M, W, F	02:00 PM-03:15 PM
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PROGRAMS & ACTIVITIES

MÈ TA WÈ TÀN PROGRAMS



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!

Mè Ta Wè Tàn programs will be planned for the Spring and Summer 2021 seasons in accordance with Government of Saskatchewan's COVID-19 guidelines and restrictions. Visit saskatoon.ca/metawetan for up-to-date information or call 306-975-3378.



PROGRAMS & ACTIVITIES

TRAINING & CERTIFICATION PROGRAMS

Training and certification programs may be planned for the Spring 2021 season in accordance with Government of Saskatchewan's COVID-19 guidelines and restrictions. Program dates, times and locations will be updated regularly on leisureonline.saskatoon.ca. Please check back often.

NOTE: Pre-registration is required for most items listed in this section. For details on how to register, see page 14 unless other instructions are provided in the course details.

For all training and certification courses, 100% attendance is mandatory.

FIRST AID & CPR CERTIFICATION

Red Cross Standard First Aid & CPR and AED Course

Learn Standard First Aid, CPR and AED skills in this certification course. Fee does not include manual cost of \$28.61.

18

Red Cross Standard First Aid & CPR and AED Recertification

Annual recertification is recommended. Refresh your First Aid, CPR and AED skills in this course. A current certification is required to register.

LIFESAVING & GUARDING

Lifesaving Society Bronze Star

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Fee does not include manual cost of \$39.90, which is also required for Bronze Medallion and Bronze Cross. Participants are required to bring a volunteer from their social circle for assistance performing practical skills.

Harry Bailey Aquatic Centre

Apr 12-Jun 7	M	06:20 PM-07:50 PM	\$106.75	HB2605-01
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Cancelled May 24



BECOME A LIFEGUARD!

As a City of Saskatoon Lifeguard you will...

- Earn \$\$\$ • Be a role model • Work as part of a team
- Build confidence and life skills • Earn bathing suit reimbursements
- Meet new friends • Receive a free LeisureCard to use at City facilities
- Eligible for free recertification of awards
- Receive medical and dental benefits
- Have flexibility to choose your hours of availability

For more employment* information contact 306-975-3321.

*To obtain employment as a Lifeguard with the City of Saskatoon, both the Lifesaving Society National Lifeguard Award and Water Safety Instructor Certifications must be completed.

STEPS TO BECOMING A LIFEGUARD

- 1 LIFESAVING SOCIETY BRONZE MEDALLION
Pre-requisites: 13 years old or Lifesaving Society Bronze Star
- 2 LIFESAVING SOCIETY BRONZE CROSS
Pre-requisites: Lifesaving Society Bronze Medallion
- 3 STANDARD FIRST AID/CPR AED
Pre-requisites: None
- 4 LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)
Pre-requisites: 16 years old, Standard First Aid, CPR "C" & AED, Lifesaving Bronze Cross

STEPS TO BECOME A RED CROSS SWIMMING INSTRUCTOR

- 1 SKILLS EVALUATION COMPONENT
Pre-requisites: One of Red Cross Assistant Lifeguard, Emergency First Aid or Bronze Cross (Certifications do not need to be current)
- 2 ONLINE COMPONENT
Pre-requisites: 15 years old
- 3 TEACHING EXPERIENCE COMPONENT
Pre-requisites: Online Module Completion Certification, Signed Skills Evaluation
- 4 CLASSROOM AND POOL COMPONENT
Pre-requisites: Teaching Experience Component

Lifesaving Society Bronze Medallion

Prerequisites: minimum 13 years of age or Bronze Star. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Fee does not include manual cost of \$39.90. Participants are required to bring a volunteer from their social circle for assistance performing practical skills.

Harry Bailey Aquatic Centre

Apr 14-Jun 16 W 07:20 PM-09:20 PM \$129.50 HB2604-01

Lifesaving Society Bronze Cross

Prerequisites: Bronze Medallion. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Fee does not include manual cost of \$39.90. Participants are required to bring a volunteer from their social circle for assistance performing practical skills.

Harry Bailey Aquatic Centre

Apr 16-Jun 18 F 06:15 PM-08:30 PM \$129.50 HB2603-01

Lifesaving Society National Lifeguard Award

15 yrs+. Pre-requisite: Bronze Cross and Standard First Aid, CPR and AED certification. Builds on fundamental skills, knowledge and values taught in the lifesaving awards to further the development of the practical skills required of lifeguards. Fee does not include manual cost of \$39.90. Participants are required to bring a volunteer from their social circle for assistance performing practical skills.

Harry Bailey Aquatic Centre

Apr 5-9 M-F 09:00 AM-06:30 PM \$185.75 HB2606-01

Lifesaving Society National Lifeguard Recertification

Pre-requisite: Proof of National Lifeguard Award certification. This is a recertification course for the National Lifeguard Award, which must be done every two years in order to remain certified. Participants are required to bring

a volunteer from their social circle for assistance performing practical skills.

Harry Bailey Aquatic Centre

Apr 17	Sa	01:30 PM-05:30 PM	\$69.00	HB2607-01
May 23	Su	08:00 AM-12:00 PM	\$69.00	HB2607-02

WATER SAFETY INSTRUCTOR (WSI) CERTIFICATION

Two components are required to complete this certification.

Pre-requisite: Participants must be 15 years of age to register and possess one of the following certifications: Red Cross Assistant Lifeguard, Emergency First Aid or equivalent (Bronze Cross). Certifications are not required to be current.

Skills Evaluation & Online Learning Component

In this three hour Skills Evaluation session, candidates must be prepared to demonstrate water safety skills and strokes to a Red Cross Level 10 standard, as well as instructor emergency response skills. The Online Learning Component course package will be distributed and is to be completed at home. Included in the course package are the WSI workbook, Red Cross Swim deck book, and access to Red Cross online support.

Teaching Experience & Classroom and Pool Component

Prerequisite: Must have successfully completed the Skills Evaluation & Online Learning Component. In the Teaching Experience Component, participants will mentor with and practice teaching Red Cross swimming lessons with a certified Red Cross WSI instructor during a lesson set (8-10 lessons). Participants will be contacted by an Aquatic Technician a week prior to a swim lesson set regarding dates and times of the lessons. In the Classroom and Pool Component, candidates will be evaluated on their knowledge and ability to apply the theory for planning, teaching and evaluating swimmers in Red Cross programs. To demonstrate their skills, the candidate will complete a variety of practice teaching exercises.

Water Safety Instructor Recertification

Pre-requisite: Proof of current Water Safety Instructor Certificate. This is a recertification course for the Water Safety Instructor Certificate, that must be done every two years in order to remain certified. Bring your Water Safety Instructor Manual to the course.

SEASONAL FUN!



Spring into summer!

Spring is here and things are heating up! Saskatoon has great programs and amenities for all ages and interests. Gather the family for a day at the pool, plan a quiet staycation at Gordon Howe Campground, drop-in at a youth centre, practise your golf swing or soar high above the city on the Ferris wheel at Nutrien Playland. We've got everything you need to make your summer one to remember.



Program offerings and hours of operation for municipal golf courses, outdoor pools, summer play programs, Gordon Howe Campground, Nutrien Playland and the Saskatoon Forestry Farm Park & Zoo may change due to COVID-19 restrictions. Please visit the websites noted throughout this section for more information.

SEASONAL FUN!

GOLF

Swing into summer! The City of Saskatoon operates three municipal golf courses that provide a level of play for everyone from the beginner to advanced golfer. Each is unique – give them all a try.

Visit saskatoon.ca/golf for season opening information.

No rate increases in 2021! We look forward to seeing you this season.

HOLIDAY PARK 1630 Avenue U & 11th Street • 306-975-3325

Holiday Park is a championship 18-hole par 71 and 9-hole par 34 executive course that provides an advanced level of play. Amenities include driving range, lounge, pro shop, coffee shop and PGA of Canada instruction.



Prices include GST		Adults (23-64 yrs)	Seniors (65+)	Young Adult (19-22 yrs)	Juniors (18 & under)	Junior Junior (12 & under)
Green Fees						
M-Th	18 Holes	\$51.00	\$41.00	\$41.00	\$26.00	n/a
	9 Holes	\$31.00	\$25.00	\$25.00	\$16.00	n/a
	Executive 9	\$26.00	\$20.00	\$20.00	\$13.00	\$8.00
F-Su	18 Holes	\$55.00	\$44.00	\$44.00	\$28.00	n/a
	9 Holes	\$33.00	\$27.00	\$27.00	\$17.00	n/a
	Executive 9	\$28.00	\$22.00	\$22.00	\$15.00	\$9.00
Club 6 Pack						
M-Su	18 Holes	\$264.00	\$213.00	\$213.00	\$135.00	n/a
	9 Holes	\$159.00	\$129.00	\$129.00	\$82.50	n/a
	Executive 9	\$135.00	\$105.00	\$105.00	\$69.00	\$42.00

SILVERWOOD 3503 Kinnear Avenue • 306-975-3314

This 18-hole, par 3 course is excellent for all levels of golf, quick rounds or for tuning up your short game. Amenities include driving range, pro shop, coffee shop, practice green and PGA of Canada instruction.

Prices include GST		Adults (23-64 yrs)	Seniors (65+)	Young Adult (19-22 yrs)	Juniors (13-18 yrs)	Junior Junior (12 & under)
Green Fees						
M-Th	18 Holes	\$33.00	\$26.00	\$26.00	\$13.00	\$13.00
	9 Holes	\$19.00	\$16.00	\$16.00	\$8.00	\$8.00
F-Su	18 Holes	\$35.00	\$28.00	\$28.00	\$15.00	\$15.00
	9 Holes	\$21.00	\$17.00	\$17.00	\$9.00	\$9.00
Club 6 Pack						
M-Su	18 Holes	\$168.00	\$135.00	\$135.00	\$69.00	\$69.00
	9 Holes	\$99.00	\$81.00	\$81.00	\$42.00	\$42.00

WILDWOOD 4050 8th Street East • 306-975-3320

This 18-hole regulation course provides an intermediate level of play. Amenities include pro shop, coffee shop, practice green and PGA of Canada instruction.

Prices include GST		Adults (23-64 yrs)	Seniors (65+)	Young Adult (19-22 yrs)	Juniors (13-18 yrs)	Junior Junior (12 & under)
Green Fees						
M-Th	18 Holes	\$38.00	\$30.00	\$30.00	\$20.00	\$13.00
	9 Holes	\$23.00	\$18.00	\$18.00	\$12.00	\$8.00
F-Su	18 Holes	\$40.00	\$32.00	\$32.00	\$22.00	\$15.00
	9 Holes	\$24.00	\$20.00	\$20.00	\$13.00	\$9.00
Club 6 Pack						
M-Su	18 Holes	\$195.00	\$156.00	\$156.00	\$105.00	\$69.00
	9 Holes	\$117.00	\$96.00	\$96.00	\$60.00	\$42.00

THE FINE PRINT

Booking Tee Times

Tee times are required by booking online at saskatoon.ca/golf or calling the course directly. Online booking for 9 or 18 holes of play for groups of 1-4 players can be made up to 10 days in advance. A valid email address is required to make tee time reservations online.

Cart Rentals

Seasonal and daily cart rentals are available at Holiday Park and Wildwood.

Per seat:

\$650.00/season/*

\$24.00/18 holes

\$16.00/9 holes

* Unlimited use.

Powercart Trackage

Allows individuals to use a privately owned cart on the course.

\$600.00/season

\$30.00/daily

* Available at Holiday Park and Wildwood only.

Season Passes

More greens for your green! A season pass[^] allows you to play as often as you wish and is available for all three courses. Visit saskatoon.ca/golf for rates. Plus, receive a driving range season pass at no extra charge with purchase. Good for use at Holiday Park and Silverwood driving ranges. (\$440 value)

[^] Non-transferable. Can be used at any of the municipal courses for reduced rates (does not include special booking or other privileges).



Specials!

Club 6 Pack Purchase six rounds at a discounted rate. Available for 9 and 18 holes. Club 6 Packs do not expire. Refer to rates in charts.

Gift Card Available in any amount.

SEASONAL FUN!

NUTRIEN PLAYLAND AT KINSMEN PARK



Celebrate the magic of play at Nutrien Playland, located in Kinsmen Park, with three star attractions that delight children and adults alike.

Soar high above the city on the Ferris wheel, take a twirl on a bright and cheery carousel animal, or hop aboard for a whistle-stop tour on the Canpotex Train – a park favourite! This replica modern-day freight train rolls along a 626 m loop.

Follow the pathways around the park or run free in the play areas. Work the pumps, troughs and valves in the water area or tackle the log climber and double cable ride in the sand. With many beautiful trees and rocks in the natural play space, it's easy to forget you're in the city centre. The play area is always open and there are no admission fees.

Watch for season opening updates at saskatoon.ca/nutrienplayland.

TICKETS Single Ride \$2.25 • Play Pack (12 tickets) \$22.50

P Parking is available at the Nutrien Playland parking lot, the Mendel site and north of the YWCA (off Kinsmen Avenue).



Nutrien Playland at Kinsmen Park is owned and operated by the City of Saskatoon and is proudly sponsored by:



Canpotex



SEASONAL FUN!

GORDON HOWE CAMPGROUND

Open April 16 through October 12

Gordon Howe Campground is Saskatoon's hidden gem, where nature meets the convenience of the city! Shady sites canopied by mature trees, or bright and sunny family gathering spots — the choice is yours. Enjoy all the services and amenities you need for a memorable camping experience.

- 135 serviced sites including pull-through RV and tent sites
- Manager on site 24 hours/day
- Shaded and sunny sites
- Paved, well-lit roads
- Barbecues and picnic tables
- Laundry facilities
- Washrooms and free showers
- Convenience store
- Free wireless Internet access
- Firewood available
- Playground • Sani-Station



Daily, weekly & monthly rates available

Book online! * saskatoon.ca/camp
1640 Avenue P South • 306-975-3328

* Check the website for updates on opening date of registration.

OUTDOOR POOLS

SEASONAL FUN!

Make a splash!

Beat the heat and have some fun at one of the City of Saskatoon's outdoor pools. With four locations across the city, outdoor pools offer a variety of drop-in activities for people of all ages including lane swimming, aquafitness and more.

Check out program times and book your visit in advance by selecting the "Book A Visit" link at saskatoon.ca/leisureonline.



George Ward Pool

1915 5th Street E
306-975-3350
Open June 16-August 20
(Two springboards)

Lathey Pool

815 Taylor Street E
306-975-3333
Open June 9-August 27
(Waterslide and spray features)

Mayfair Pool

1025 Avenue F N
306-975-3352
Open June 15-August 24
(Waterslide, spray features and springboard)

Riversdale Pool

822 Avenue H S
306-975-3353
Open June 7-August 28
(Waterslide and two springboards)

saskatoon.ca/outdoorpools

ADMISSION RATES

Prices include GST	Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family*
Single Admission	\$7.85	\$4.70	FREE	\$15.70
Group Rates^A	\$7.35	\$4.20	FREE	n/a
Bulk Tickets (10)^D	\$62.80	\$37.60	FREE	125.60

* Family is defined as a group of up to seven individuals with a maximum of two adults.

^A For groups of six or more people.

^D Buy 10 general admissions for the price of eight! Bulk Tickets never expire and are transferable to family and friends.

Children Under Six Years

To help children stay safe in and around the water, the City of Saskatoon requires that all participants comply with the following policy: "For every two children under the age of six, there must be one adult or responsible youth (16 years or older) within arm's length, supervising the children's water play and activity." The best life preserver for your child is YOU! Infants and toddlers participating in water play must wear an appropriate swim diaper.

Did you know? With the purchase of a LeisureCard you can enjoy unlimited access to the outdoor pools.

DOG PARKS

SEASONAL FUN!



Enjoy time with your dog at one of the City of Saskatoon's dog parks. Dog parks are naturalized spaces where dogs are permitted to be off-leash while under the control of their owner. This allows both owner and dog to enjoy exercise together while socializing with others. Find a dog park in your neighbourhood on pages 4-5. A valid dog license is required to access any dog park. Pet licenses can be purchased online at saskatoon.ca/petsonline, at City Hall or local vendors throughout Saskatoon. Visit saskatoon.ca/petlicensing for more information.

Mark your calendars! The annual Dog Day of Summer Event is tentatively scheduled for August 25, 2021 at Mayfair Pool! Visit saskatoon.ca/dogdayofsummer for the latest updates.

Spray Pads

Cool off on your own time!

FREE! Open June 1 to September 6 from 10:00 AM-8:00 PM daily. During the school day Spray Pads are turned off during lunch & recess.

Neighbourhood	Park or School	Address
Arbor Creek	Arbour Creek Park	1015 Kenderdine Road
Briarwood	Briarwood Park	602 Briarwood Road
Dundonald	Dundonald Park	162 Wedge Road
Erindale	Ernest Lindner Park	530 Rogers Road
Evergreen	Funk Park	628 Manek Road
Exhibition	Thorton Park	120 Isabella Street
Forest Grove	Les Kerr Park	501-115th Street
Hampton Village	Al Anderson Park	1087 Hampton Circle
Holliston	Holliston Park	1905 5th Street East
Lakeridge	Crocus Park	305 Waterbury Road
Mayfair	A.H. Browne Park	1615 Ave Drive N
Nutrien Playland at Kinsmen Park	Kinsmen Park	960 Spadina Crescent E
Parkridge	Parkridge Park	1219 McCormack Road
Pleasant Hill	Pleasant Hill Park	220 Avenue U S
Riverlanding	Friendship Park	Spadina Crescent
River Heights	Robert Hunter East Park	60 Ravine Drive
Rosewood	Glen H. Penner Park	205 Olson Lane
Silverspring	Silverspring Park	738 Konihowski Road
Silverwood Heights	W.J.L. Harvey Park	Melicke Road
Stonebridge	Alexander MacGillivray Young Park	155 Stonebridge Common
Willowgrove	Wallace Park	903 Stensrud Road



Play Programs (2-12 yrs)

FREE! Watch for the Summer Mini Guide for programming information and locations.

Weekday Hours of Operation (rain or shine)

Jul 5-Aug 26 M-Th 10:30 AM-6:00 PM,
F 12:00 PM-4:30 PM (closed Aug 2)

Weekend Hours of Operation (rain or shine)

Weekends Jul 10-Aug 22 (incl. Aug 2)
Sa & Su 12:00 PM-5:00 PM.

Where to Hang (12-16 yrs)

FREE Youth Centres! Watch for the Summer Mini Guide for programming information and locations.

Weekday Hours of Operation (rain or shine)

Jul 5-Aug 19 M-Th 11:30 AM-7:00 PM,
F 1:30 PM-5:30 PM (closed Aug 2)

Skateboard Sites FREE! Bring your deck and safety gear and practise your boarding.

Charlottetown Park (behind Cosmo Civic Centre)

Forest Park (adjacent to Centennial Collegiate)

Lakewood Park (beside Lakewood Civic Centre)

Lions Skate Park (Victoria Park)

Morris T. Cherneskey Park (beside Shaw Centre)

Umea Park (beside Lawson Civic Centre)

W.W. Ashley Park (beside Lathey Pool)

For more information on locations, visit saskatoon.ca/play or saskatoon.ca/youth to view the interactive map or call 306-975-3378.

SASKATOON FORESTRY FARM PARK & ZOO

SEASONAL FUN!

1903 Forestry Farm Park Drive • 306-975-3382 • saskatoon.ca/zoo

ZOO HOURS

April 1-30 10:00 AM-04:00 PM
 May 1-Sep 6 09:00 AM-07:00 PM

PARK HOURS

Apr 1-14 07:30 AM-04:30 PM
 Apr 15-30 07:30 PM-07:00 PM
 May 1-Sep 6 07:30 AM-09:00 PM



.....
 It all began with a tree nursery. Millions of saplings and a hundred years later, the Saskatoon Forestry Farm Park & Zoo remains a cornerstone of ecology, inspired learning and lasting memories. Today, this National Historic Site boasts restored heritage buildings, carefully-crafted garden spaces, a naturally-themed playground and Saskatchewan's only CAZA-AZAC accredited Zoo. Whether your visit is lively and exciting or quietly reflective, the experience is sure to be a memorable one.

Zoo

Have you ever met a Grizzly Bear? How about a mob of Meerkats? Find yourself eye-to-eye with native prairie animals, exotic reptiles, birds of prey, monkeys and more. With over 80 species living at the Zoo there is never a dull moment!

Zoo Season Pass

A Zoo Season Pass gives you free admission, free parking, invitations to special events, and free or discounted admissions at participating zoos across Canada. Visit saskatoon.ca/zoo for more information.

Forestry Farm Park

The Forestry Farm Park offers picnic sites, walking trails, beautiful gardens, an accessible playground, a fishing pond (permit available from front gate) and more.

Rental Facilities

The hall, Lions Pavilion, gazebo, Forestry Farm House and wedding garden are available for private rental. Functional, quiet and secluded, these areas provide an enchanting backdrop for gatherings of all kinds. Call 306-975-3382 or visit saskatoon.ca/zoorentals for information.

EdZOOcational Opportunities

The Saskatoon Zoo Society offers a variety of curriculum-based education programs, including our NEW virtual programming. We anticipate starting camps and PD Day programming in the summer and fall of 2021. Outdoor Young Naturalists' nature programs are available for registration.

For more information or to register, visit saskatoonzoosociety.ca or call 306-975-3395.

Saskatoon Zoo Foundation

The Saskatoon Zoo Foundation raises funds for capital projects and improvements within the Zoo while connecting citizens to nature through education, research and conservation. Help build the bears a new home and donate today at saskatoonzoofoundation.ca.

Stay tuned on details for Zoogala 2021 presented by SaskMilk.

The Saskatoon Forestry Farm Park & Zoo is a City of Saskatoon facility working with the Friends of the Forestry Farm House, Saskatoon Zoo Foundation, Saskatchewan Perennial Society and the Saskatoon Zoo Society.



ZOO ADMISSION RATES (April 1-October 31)

Prices include GST	Adult (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family*
Daily Admission	\$13.50	\$8.10	FREE	\$27.00
Season Pass	\$45.00	\$27.00	FREE	\$90.00

Group Rates available for six or more people (\$0.50 off each individual daily admission rate).

* Family is defined as a group of up to seven individuals with a maximum of two adults.

PARKING FEE

(May 1-September 6)

60% of parking fee supports redevelopment projects at the Zoo.

Daily \$3.50/vehicle
 Season Pass \$15.00



Find Your Space!

The City of Saskatoon recreational facilities can offer you proper social distancing for limited capacity gatherings. Birthday Parties, Meetings, Training Courses & Special Events

COVID-19 safety measures and increased cleaning have been implemented to protect the health and safety of our patrons and the community.

Learn more about rental options for any occasion at saskatoon.ca/facilityrentals.



Pick up a copy of the Recreation Facility Rental Options guide at any Leisure Centre or saskatoon.ca/facilityrentals.

INDOOR LEISURE CENTRES

Leisure Centres can accommodate groups for almost every kind of occasion. Our flexible rental plans allow you to rent the entire building or just the facilities you need. For bookings, contact Customer Service at the Leisure Centre of your choice:

- Cosmo Civic Centre • 306-975-3344
- Harry Bailey Aquatic Centre • 306-975-3003
- Lakewood Civic Centre • 306-975-2944
- Lawson Civic Centre • 306-975-2951
- Saskatoon Field House • 306-975-3354
- Shaw Centre • 306-975-7772

AMENITIES & STAFF CHARGES

Bookings for meeting and multi-purpose rooms include standard meeting set-up of up to 25 chairs and four tables set up in theatre, boardroom or classroom style. Additional charges may apply for setup, clean-up and repair to any rented facility. These fees will be assessed by the Site Administrator in conjunction with the Building Operator and may be billed post event if necessary. Pool rentals will incur additional charges for Lifeguard staff. Additional charges may apply.

Hourly Rentals (*All rates effective September 1, 2020 to August 31, 2021; GST extra)

RENTAL SPACE	HOURLY FEE*	CCC	LWC	LCC	HBC	SFH	SCC
Small Meeting Room	\$20.70	●	●		●	●	●
Large Meeting Room	\$30.90	●					●
Multi-Purpose Room	\$30.90	●	●	●		●	●
Theatre	\$30.90	●					
Gymnasium**	\$51.50	●	●				●
Competitive Pool	\$217.00 \$271.20				Diving Boards 8 Lanes		Diving Boards 50m, 10 Lanes
Leisure Pool	\$144.80		Waterslide 25m, 4 Lanes	Wave Pool 25m, 4 Lanes	25m, 6 Lanes		
Warm Up Pool	\$108.60						25m, 6 Lanes
Family Pool	\$108.60						Waterslide & Watertoys
Indoor Track**	\$144.80 \$72.40					200m 6 Lanes	165m 3 Lanes
Sports Court	\$36.20					●	
Walleyball Court	\$19.60 [^]	●					
Track Warm-Up Area	\$41.30					●	

** The gymnasiums and track at Shaw Centre are currently not available for booking due to COVID-19 restrictions. Contact Customer Service for updates on availability. [^]Price includes tax.

CCC Cosmo Civic Centre • HBC Harry Bailey Aquatic Centre • SCC Shaw Centre
LCC Lawson Civic Centre • LWC Lakewood Civic Centre • SFH Saskatoon Field House

PARKS, SPORTS FIELDS & ATTRACTIONS

Rink & Sports Field Rentals

There are a number of outdoor sport fields and indoor rinks located throughout Saskatoon that offer various levels of hosting capabilities.

Unique Facility Rental & Booking Opportunities:

- Park & River Landing Event Space
- Vimy Memorial Band Shell
- Saskatoon Forestry Farm Park & Zoo
(call 306-975-3382 for information)
- Nutrien Playland at Kinsmen Park
(call 306-975-2951 for information)

For more information:

The Allocations Office can provide you with more information on rink, sports field and other unique facility rentals. Email allocations@saskatoon.ca or assistance in selecting a location that is right for your event.

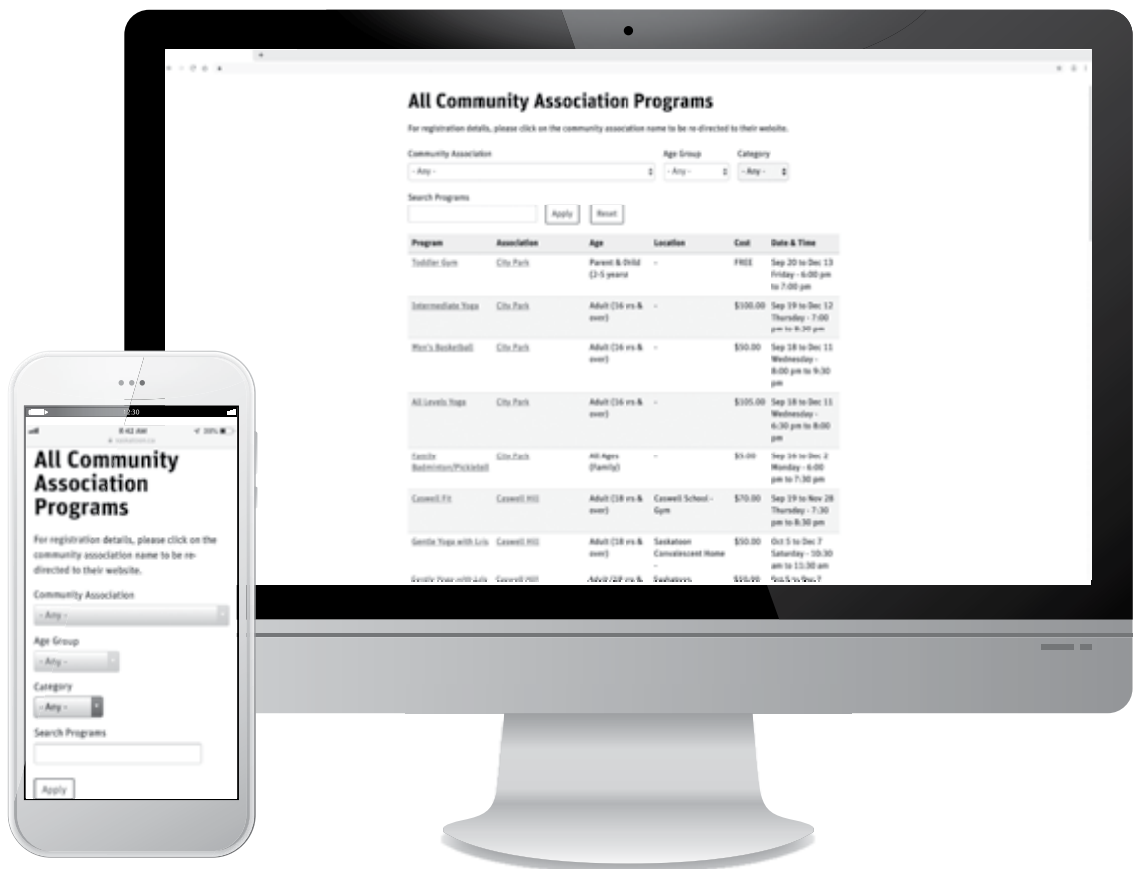


Search Online for Community Association Programs Across Saskatoon!

Community Associations are volunteer-run groups that organize neighbourhood events, operate outdoor rinks and offer low-cost sport, culture and recreation programs in neighbourhoods throughout the city. To find the perfect Spring or Summer program for you and your family, visit the new search function at saskatoon.ca/communityassociations or refer to your Community Association's newsletter, website or Facebook page. You can also contact Community Development at 306-975-3378 to be connected to your Community Association.



Program offerings may change due to COVID-19 restrictions. Please refer to your Community Association's newsletter, website or Facebook page for up-to-date information.



Check out the City of Saskatoon's new search tool at saskatoon.ca/communityassociations to find the best neighbourhood programs for your interests, age and location.

ADVERTISERS INDEX

Promote your community-based sport, culture and recreation programs and classes with us! Approximately 100,000 copies of the City of Saskatoon Leisure Guide are distributed throughout the city and some surrounding areas. To advertise in the next Leisure Guide call The StarPhoenix at 306-657-6340.

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WET PAINT POTTERY

SUMMER ART CAMPS are a full week of fun and creativity for ages 8 and up. Summer camps will run again this year in our clean and spacious environment, pending government approval. Follow us on Facebook & Instagram to be the first to see when online registrations open.

wetpaintpottery.com

**WE ARE STILL OPEN TO
CREATE ALL DAY FROM 6' AWAY!**



ADVENTURE BEGINS AT CAMP

SCI-FI combines fun with science and technology through hands-on activities and experiments!

This year the adventure moves online!

Programming for grades 3 and up!

**TO LEARN MORE ABOUT
OUR SUMMER
PROGRAMS PLEASE
VISIT:**

scifi.usask.ca

CALL

306 - 966 - 7615

OR EMAIL

science.camps@usask.ca

A network member of actua.ca



UNIVERSITY OF SASKATCHEWAN
College of Engineering
ENGINEERING.USASK.CA

Summer Stages Program - We Will Rock You - Summer 2021



EVERYONE IS WELCOME!



Registration Begins February 15th

- ✓ We Will Rock You - Summer Teen Intensive
- ✓ Weekly Themed Musical Theatre Camps
Ages 3 - 12
- ✓ The Descendants
- ✓ Harry Potter
- ✓ Frozen
- ✓ Beauty and the Beast
- ✓ The Little Mermaid and MORE!



SING | DANCE | ACT | PERFORM

For more information check out www.saskexpress.com or email saskatoon@saskexpress.com!



Speech-Language Pathology | Occupational Therapy | Art Therapy

Therapy

We are a private, locally owned provider of Speech-Language Therapy, Occupational Therapy, and Professional Art Therapy in both individual and group settings.

Groups

Along with our direct services, we provide group therapy for a variety of ages!

Kids Chat (4-8 years)

Teen Transitional Group

Adult Social Language Connection

Art Therapy

Fluency/ Executive Functioning

Programs & Camps

We run a variety of programs and summer camps focusing on STEM & Reading, Executive Functioning, Professional Communication, and Fluency (Stuttering).

Unlock your potential, gain confidence and express your unique self to the world!



For access to active daily living, communication, learning tips and information about your upcoming programs, sign up for our monthly newsletter at thesln.com



thesln.com



306 933 3222



@sln



[slnspeechpathsaskatoon](https://www.instagram.com/slnspeechpathsaskatoon)

Services may be covered and/or partially covered by your extended health care benefits. Other funding options may be accessed in Saskatoon on a case by case basis.



Speech-Language Pathology

Worried that your child isn't speaking enough?
Do you or your child struggle to put ideas into words?
Can interacting socially with others be challenging?

We can help!

- Speech, Voice, Stuttering
- Early Reading and Literacy Skills
- Pronunciation (Speech) Development
- Vocabulary Development
- Social-Language Training
- Accent Reduction
- Professional Communication
- ASD and other disorders

Occupational Therapy

Does your child have difficulties participating in everyday activities?
Does your child struggle to manage stressors we face in our lives?

We can help!

- Fine Motor Skills (blocks, writing tools, manipulating objects, school activities)
- Daily transitions and engagement
- Self regulation to complete tasks (sensory, emotions, attention)
- Play Skills
- Dressing, eating, bathing, brushing teeth, etc.

Professional Art Therapy

Does your child experience behaviours that impact their daily functioning?
Do you experience emotions that you are having trouble expressing?

We can help!

- Trauma Informed Art Therapy
- Working with the Brain and Body Connection
- Improving emotional awareness and language
- Building resilience and coping skills to deal with everyday stressors

Unlock your potential, gain confidence and express your unique self to the world!

Services Offered

Adult, Teen, Child Therapy
Direct & Group Programs
Summer Camps
Adult Communication Programs
Family Coaching



Sign up for our monthly newsletter to get the latest updates, tips & tricks, and information about programs!



thesln.com



306 933 3222



@sln



[slnspeechpathsaskatoon](https://www.instagram.com/slnspeechpathsaskatoon)

Services may be covered and/or partially covered by your extended health care benefits. Other funding options may be accessed in Saskatoon on a case by case basis.

Saskatoon Rowing Club



YOUTH SUMMER CAMPS

Ages 10-15
Half and Full Day Options

JUNIOR DEVELOPMENT

Group training 3x week
Available to ages 12+ who
have completed a camp or
LTR

JUNIOR HIGH PERFORMANCE

Group training 6-11x week
Available to age 14+ upon
coaches discretion

Senior/Master Recreational

Group training 4x week
Available to ages 20+

Senior/Master Competitive

Group training 6x week
Available to ages 20+

Adult Learn to Rows

Two weeks long, 3x week
Available to ages 15+

COME TRY ROWING
GREAT COACHES
GREAT FRIENDS
GREAT WORKOUT

Find us at:

www.saskatoonrowingclub.com
saskatoonrowingclub@gmail.com

Looking for a place to play?



Home Turf

of Saskatoon Youth Soccer & Saskatoon Adult Soccer

We have two fabulous facilities to meet all your sport, cultural and recreational needs.

More details available so get in touch with us!

YOUTH & ADULT SOCCER LEAGUES & PROGRAMS

THE home of soccer for all ages & abilities!

Visit saskatoonsoccer.com & our social media for details.

FIELD & ROOM RENTALS Our two facilities offer hardcourt, indoor & outdoor turf surfaces, beach volleyball/soccer courts & boardrooms - ideal for a variety of sports & events. Call to discuss your requirements - we'd love to help!

BIRTHDAY PARTIES/TEAM WINDUPS We supply the field (your choice of sports), you pick the food & bring the cake!

150 Nelson Road



Saskatoon
Sports Centre

BEACH VOLLEYBALL Competitive recreational leagues.

See 'Sports & Programs' on our website.

The following regular programs are temporarily suspended; Please watch for re-opening updates:

DROP-IN SPORTS ON SUNDAYS, FITNESS CENTRE,

LUNCH TIME DROP-IN SOCCER,

TERRY FOX WALKING TRACK *Check details with City*

A City of Saskatoon service. \$4 drop in or Leisure Card.



SASKATOON KINSMEN/HENK RUYSS
SOCCER CENTRE

219 Primrose Drive

INDOOR WALKING PROGRAM Sprung floors provide a comfortable walking surface with 65% less joint fatigue.

Mon - Fri, 8:30am-1pm; \$4 drop in, \$30/mo, \$109/season

INDOOR PLAYGROUP Huge play spaces full of riding cars & toys! \$5/child; 10 punch card \$45. Mon - Fri 9:30-11:45am. Adults & under 1 are free.

TODDLER BIRTHDAY PARTIES in conjunction with Playgroup.

PICKLEBALL New! We've just added 8 Pickleball courts & will offer a M-F Drop-in program! Details to come on our website.

During these unprecedented times, please check our website under 'Sports & Programs' or call for the latest details.

bookings@saskatoonsoccer.com 306-975-3423

info@saskatoonsoccer.com 306-975-3400

www.saskatoonsoccer.com



SAE Modelling Agency & School of Personal Development

Classes for Spring

Totally Teen (12-19) 12 weeks
Saturdays, 2-4 p.m.
Starting Mar. 13

Totally Teen Easter Break
Mon - Fri 1-6pm
Apr. 5 - 9

Kids Modelling (7-11) 12 weeks
Saturdays, 2-4 p.m.
Call for start dates

Professional Modelling (12 and up) 16 weeks
Call for start dates

www.shemodelling.com
Email: shemodelling@shaw.ca

Self Confidence • Style
Beauty • Poise

Call now for Registration
306-652-7484

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The Saskatoon StarPhoenix and its award-winning journalists are dedicated to bringing you comprehensive, trustworthy stories that matter.

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THESTARPHOENIX.COM**

**SASKATOON
STARPHOENIX**



NEW STUDIO LOCATION NOW OPEN!

GRAND OPENING NEW STUDIO COMING SOON!

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WWW.FLYSTUDIOSYXE.COM  



150 Nelson Road
Saskatoon,
Saskatchewan
S7S 1P5



What: Free Summer Soccer for All Ages

When: Mon to Fri - July 5th to Aug 19th

Visit our website for a program schedule after June 27

Where: City of Saskatoon Neighbourhood Parks

For more info: www.SaskatoonYouthSoccer.ca

or call: **306-975-3413**



**Canadian Ways
School of Hockey**



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**47 years of experience to develop the complete player.
Over 20 + Winter/Spring Programs
For U6 Beginner to U18 Elite
Follow website for ongoing updates.**

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Get away from it all!
Individual and family lessons
and adventures.
Canoe, gear and Trailer Rentals



Check website for schedules & updates
www.canadianways.com
Saskatoon, SK. (306) 373-2671
email: cdnways@shaw.ca

READY TO TRY SOMTHING NEW?

SASKATOON AQUALENES Learn-To Artistic Swim Program

VISIT OUR WEBSITE FOR REGISTRATION DETAILS
www.saskatoonaqualenes.com

Learn the fundamental skills of artistic swimming in a safe, stimulating environment.
Open to ages 5 - 13

FOLLOW US ONLINE

@saskatoon.aqualenes



Paddling at Victoria Boathouse

Adult & Youth Intro to Kayaking

Ages 13+

Tuesday evenings for 4 weeks
June or July

Paddling Day Camps

Ages 9 - 14

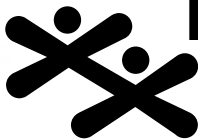
Monday - Friday 9:00-4:00
Weekly, July 5 - August 20



Stand Up Paddle Board
Season Memberships & Rentals

June-September (see website or Instagram for hours)

For More Details
saskatoonracingcanoeclub.com | Email saskrcc@gmail.com
Call (306)668-7722
Instagram [@saskatoon.racing.canoe.club](https://www.instagram.com/saskatoon.racing.canoe.club)



BOYS & GIRLS CLUBS OF SASKATOON A good place to be

Boys & Girls Clubs of Saskatoon has been offering Summer Day Camps for 36 years. Camps fill up quickly. Register early to guarantee your spot! We have Summer Day Camps in 4 locations.

2021 PIKE LAKE SUMMER DAY CAMP 2021 SUMMER IN THE CITY DAY CAMPS (EAST, WEST & SUTHERLAND)

EAST LOCATION: St. Joseph's Parish Hall – 8th Street & Broadway
WEST LOCATION: Hampton Free Methodist Church – 2930 McClocklin Rd
SUTHERLAND LOCATION: ACT Arena – 107 105 St. East

Hours: 7:30 am – 5:30 pm

CAMP#1: June 28-July 2
CAMP#2: July 5-9
CAMP#3: July 12-16
CAMP#10: Aug 30-Sept 3

CAMP#4: July 19-23
CAMP#5: July 26-30
CAMP#6: Aug 3-6

CAMP#7: Aug 9-13
CAMP#8: Aug 16-20
CAMP#9: Aug 23-27

Fees:
Pike Lake: \$165/wk & \$140/wk for Camps #1 & #6 (no camp on July 1 or Aug 2)
Summer in the City: \$155/wk & \$130/wk for Camps #1 & #6 (no camp on July 1 or Aug 2)
**Camp #10 will only operate if elementary school classes begin after Sept. 3, 2021

Registration forms are available at:

BOYS & GIRLS CLUBS OF SASKATOON

105-135 Robin Cres. • Phone: 306-244-7820 Or download them from our website: www.bgcsaskatoon.com

Music Lessons In-person & Online

PIANO, VOICE, VIOLIN, CELLO, GUITAR,
BASS, WOODWINDS, BRASS, DRUMS,
MUSIC THEORY

Try your first
eight beginner
lessons for
\$160

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306-934-2424

admin@saskatoonacademyofmusic.com
www.saskatoonacademyofmusic.com

Your local one-stop shop for lessons, instruments, & materials

HORIZON 100 CYCLING CLUB

HORIZON YOUTH CYCLING

Want to ride a bike like they do in the "Tour de France"?

Horizon 100's 8 week youth cycling course is designed to introduce you to road cycling, build skills and safety, and teach group riding.

Fees waived and equipment provided for low income families.

For information:

Call Patrick at 306-652-4336 or

Email: hyp@horizon100.com

The program is adapted to follow all

COVID-19 Guidelines

Who: 9-16 year olds

When: Thursdays, 6:30-8:00pm,
July 8th - Aug 16th, 2021

Where: German Cultural Centre

Cost: \$100, includes registration, tee shirt & snacks.

Bring: A bike in good working order,
C.S.A. approved helmet, gloves, eye protection.

ADULT CYCLING

Enjoy group cycling as a fun way to get exercise

Come ride with us. Horizon 100 cycling provides a welcoming and inclusive atmosphere for new and experienced cyclists. We are a non-competitive cycling club offering a large variety of activities.

If you are new to cycling, we will teach you how to ride safely in a group. We have rides designed to help you build fitness and have fun in a supportive environment.

For experienced cyclists, we provide longer and more challenging rides.

We are one of Saskatchewan's largest cycling clubs, and offer cycling activities Monday through Thursday evenings, as well as Saturday, Tuesday and Friday mornings. We also have special event rides and social activities.

http://www.horizon100.com/horizon_youth_cycling

http://www.horizon100.com/new_member_info

Cool Moves Volley

On Wednesdays April 7th to May 26th 5:00-6:25pm

Held at the Henk Ruys Soccer Centre in Lawson

Mini

Learn to Play for 6-8 years old

Atomic

Learn to Play for 9-11 years old

Triple Ball

Learn n' Play for 12-14 years old

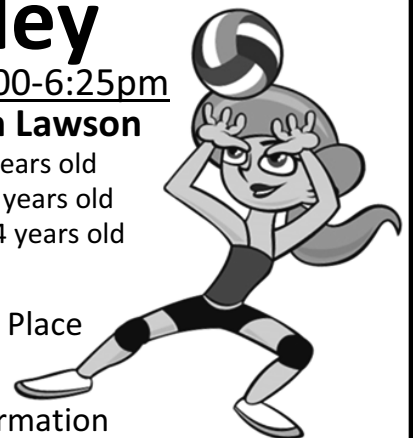
Girls and Boys - Fee \$155.00

Sask Volleyball Certified - COVID Protocol in Place

Register on-line with Visa/MCard

Text or call Leo @ 306.261.5994 for more information

www.volleyballsaskatoon.ca



DESIGN your DREAM YARD Class Spring 2021 - now ONLINE !

In just 5 fun & lively sessions:

- Learn the clever way to measure & draw your yard to scale
- Create a personalized list of shrubs, trees & perennials
- Save time & money - discover pro tips for low maintenance!
- Enjoy personalized instruction for sessions #4 & #5
- Your class continues for 5 weeks on your chosen weekday

\$349 (acreages \$399) Book Early!



"Inspired Landscape Design since 1989"

Mon. March 22 - 10am - noon or 6:30pm - 8:30pm
Wed. March 24 - 10am - noon or 6:30pm - 8:30pm
Sat. March 27 - 10am - noon

More info? call Denise @ 306-244-0049 or
visit gardensfourseasons.com under 'CLASSES'



1101 8th St E, Saskatoon, SK
306-979-9550
www.wowlsteamlab.com
info@wowlsteamlab.com

Afterschool & Weekend
Program
Birthday Party

Spring Registration is open

Science | Technology |
Engineering | Art | Mathematics

FOR AGES 4-8

Small Class Size
Have Fun With Friends
Want to try a class?
Contact us to save your spot!



SASKATOON SOARING CLUB

www soar.sk.ca/ssc

Thrill to the quiet
beauty of glider flight,
high in the sky, free
as a bird, powered
by the natural energy
of the atmosphere!

Introductory Flights

\$60

INTRODUCTORY AND
TRAINING FLIGHTS MAY BE
SUBJECT TO COVID RESTRICTIONS

GIFT CERTIFICATES AVAILABLE



Spread your wings and
Learn to Fly



Membership Inquiries Welcome

Ground School & Flight Instruction For Canadian Glider Pilot Licence
The club flies at the Cudworth Airport, Cudworth, SK

April - October



For more information email us at saskatoonsoaringclub@gmail.com

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- For individuals, couples, families, and groups (sliding scale fees)

♥ WALK IN COUNSELLING CLINICS

- Various locations - NO COST

♥ EMPLOYEE AND FAMILY ASSISTANCE PROGRAMS

♥ EDUCATION AND THERAPY

- Check our website for a list of groups and services offered

♥ PROGRAMS AND SERVICES

- Child and Youth Support
- Domestic Violence Court Case Workers
- Intimate Partner Violence Outreach
- Parenting Education SK
- Teen and Young Parent
- Walk In Counselling
- Youth Exposed to Violence & Preventing Youth Violence

www.familyservice.sk.ca

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thedivingcenter@sasktel.net



www.thedivingcenter.ca

We continue to follow all health guidelines to
maintain a safe environment for customers and staff.

Riversdale ATHLETICS CLUB (RIVA)

Riversdale Athletics Club (RIVA) is a SK Athletics affiliated
Track & Field/Cross Country Running club that provides
premier coaching and training to athletes from all corners
of Saskatoon and surrounding communities.

Please refer to our website and
social media posts for updates
on registration dates and fees.

JOIN OUR SPRING PROGRAMMING

- all experience levels
- 8 years old to adults
- a great opportunity, especially
for university students and those
focusing on high school track & field

Very reasonable rates for high quality programming!

BASE-TRAINING, FALL
CROSS COUNTRY
RUNNING, HURDLES, HIGH
JUMP, MID-DISTANCE
RUNNING LONG JUMP,
POLE VAULT, SPRINTS,
THROWS, & TRIATHLON

→ REGISTRATION ←

For information on how to join
all of our programs, visit us at
riversdaleathletics.ca.

Look for our ad in the Fall/Winter
Leisure Guide for more info on
our Base-Training, Cross Country
Running, & Indoor programs.

RiversdaleAthletics

Riversdale_Athletics_Club

SASKATOON Children's Choir



Photo by Jenni Carboni

Auditions 2021-2022 Performing Season

Auditions will be conducted virtually in April, May and June 2021

The Saskatoon Children's Choir offers young singers a rich and challenging experience.

All young people who enjoy singing are welcome to audition.

Preparatory Choir: ages 7-9 Apprentice Choir: ages 8-13
Concert Choir: ages 12-16

Phoebe Voigts, Artistic Director, Michelle Aalders, Accompanist
For more information or to book an audition, call 306-249-3927.
www.saskatoonchildrenschoir.org

Join us for a paddle



Saskatoon Canoe Club

Register online at saskatooncanoecub.org

Recreation or Marathon

\$60 OR \$75 FOR BOTH DIVISIONS

17 and under free with parent registration

**Our COVID-19 policies protect the
health and safety
of all our members and staff**



2021-2022 Saskatoon Minor Hockey Registration

REGISTER ON-LINE JUNE 1 – AUGUST 31, 2021

Register on-line with your home zone by August 31, 2021

Aces Zone – www.saskatoonaces.ca
Flyers Zone – www.saskatoonflyers.ca
Wild Zone – www.saskatoonwild.com

Bobcats Zone – www.saskatoonbobcats.com
Redwings Zone – www.saskatoonredwings.ca

Comets Female – www.cometshockey.ca
Renegades Zone – www.saskatoonrenegades.ca

*Saskatoon AA Tryout Registration – www.gshlonline.ca
*U13, U15 and U18 age divisions

2021-2022 Age Groups: U7 (born 2015-2016); U9 (2013-2014); U11 (2011-2012); U13 (2009-2010);

**U15 (2007-2008); **U18 (2004-2006)

**SMHA offers No Body Checking leagues in U15 & U18

Saskatoon Kidsport Application Deadline is July 31, 2021 – 306-975-0818 for information on funding

For more information on SMHA minor hockey registration:

Email: smha@sasktel.net Phone: 306-244-1363 Web: www.smha.sk.ca



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2021

full refund
'no questions
asked' until
June 1, 2021

- * morning & full day sessions
- * before & after care available
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- * all kids aged 5 to 13

800-427-0536

royalsoccer.com



Dive!

See Website for
Details and Registration
www.saskatoondivingclub.ca

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Adult Classes



Daytime and evening
classes seven days
a week.

- Wheel throwing
- Sculpting
- Stained Glass

Kids Classes

Afterschool and
weekend children's
classes.

- Week long summer
camps.



WWW.SASKATOONCLAYWORKS.COM

REGISTRATION
OPEN!

11 WEEK SESSION STARTING APR. 12, 2021

WePlay WeLearn WeGrow WeMove

Adult Fitness



Prenatal Classes



Postnatal Fitness



Music Together



Dance & Tumbling



SUMMER CAMPS WITH WE MOVE

AGES 3 & UP

- DANCE
- KIDS YOGA
- TUMBLING
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- ARTS & CRAFTS
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SAVE 15%

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Must book & complete full payment
by May 15th, 2021 to qualify.

Only valid with Camp Registration.

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& FULL DAY
CAMP OPTIONS
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