



# ACTIVITIES AND PROGRAMS

**SPRING AND SUMMER 2021**



UNIVERSITY OF  
SASKATCHEWAN

USask Rec and the College of Kinesiology are working thoroughly to provide recreation programming for Spring and Summer 2021. Our programs may look a little different, but our commitment to providing exceptional service and instruction remain the same. We invite you to explore our revised programs and activities brochure, featuring clickable links that will direct you to the most up-to-date program information on our website.

We look forward to seeing you the Spring and Summer 2021.

**Register at [beactive.usask.ca](https://beactive.usask.ca)**

### **Spring & Summer 2021 Mask Policy**

Recently, the University announced that starting June 1, 2021, all faculty, staff, students, and visitors will be **required** to wear 3-ply single-use masks in all indoor spaces on USask campuses in Saskatoon, Regina, and Prince Albert, and outdoors if two or more people are together and can't maintain a minimum of two metres of physical distancing.

Wearing a 3-ply mask will be **mandatory** for all USask Rec outdoor recreation and training, even if physical distancing can be maintained, to enhance safety and protect our patrons.

If you are entering the Physical Activity Complex to access the Fit Centre or a fitness class, you will be able to retrieve a 3-ply mask **free of charge** at the front desk of the Fit Centre. We ask that you please wear your own mask indoors until you can retrieve the provided 3-ply mask.

If you are participating in personal training, aquatics certification, Children's Activity Camps, and other registered recreation programming, a 3-ply mask will be provided **free of charge** by your instructor. Children's 3-ply masks will be provided **free of charge** for all youth participants

As a result of recent outbreaks on campus and the rising number of new COVID-19 variants of concern (VoC) cases in the province, the university is making this change as an enhanced health and safety measure against the spread of COVID 19. **This is expected to be in place until August 31, 2021**, when it will be re-evaluated.



# MEMBERSHIPS AND FIT CENTRE

## Memberships

Memberships are currently not available for purchase. USask students have access to the Fit Centre as they have paid a recreation fee.

### **Membership conditions and policies:**

Please visit us for a detailed list of conditions and policies at: [rec.usask.ca/about/membership/policies.php#Conditions](https://rec.usask.ca/about/membership/policies.php#Conditions)

All memberships are non-transferable and non-refundable.

## **Fit Centre**

The Fit Centre operates out of the College of Kinesiology Physical Activity Complex (PAC) and houses 80+ pieces of cardio equipment, a fit studio, free weights, weight machines and a 40 ft climbing wall. We provide an opportunity for you to improve and maintain your health by creating a fun, friendly, and invigorating atmosphere.

Students can reserve your time slot to access the Fit Centre at [beactive.usask.ca](https://beactive.usask.ca)

## **Hours of operation**

Monday to Sunday	8:30 am - 7:30 pm
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## **Rock Wall**

"The Wall" is a 40 ft. high indoor climbing structure designed to look and feel like an actual rock face. Not only is climbing fun, it's a great full body workout, so come in to boulder or learn to climb.

The climbing wall is currently under renovations but we look forward to welcoming climbers back in Fall 2021.

## **Fitness classes**

The Fit Centre offers a wide variety of fitness classes that will appeal to all levels and all skills. An updated schedule can be found on our webpage [rec.usask.ca/activities/fitness-classes.php](https://rec.usask.ca/activities/fitness-classes.php) and can be booked online at [beactive.usask.ca](https://beactive.usask.ca).





# AQUATICS

## **SWIM LESSONS**

Visit [rec.usask.ca/activities/swim/lessons.php](https://rec.usask.ca/activities/swim/lessons.php) to find a swimming lesson level appropriate for your child.

### **Red Cross Swim Preschool**

The 7 level preschool program is designed for ages 12 months to 5 years.

### **Red Cross Swim Kids**

These levels are for six years of age and up and are designed for the beginner through to the more advanced swimmer.

### **Youth**

Minimum age 10 and up. Youth classes are designed for the youth age group who are late starters to the swim program so they can learn with peers who are their own age.

### **Teen and Adult**

Adolescents or adults interested in participating in swimming and water safety based on their own abilities, interests and goals.

### **Private Swim Lessons**

All lessons are offered at the PAC pool. \$30 per half hour per participant.

### **Family Swim Lessons**

These are private lesson bookings designed for families who wish to have multiple family members in one lesson together.

### **Junior Masters**

For youth ages 10-17 looking for a fitness program based on the speed-swimming workout.

### **Masters**

For ages 18+ looking for a fitness program based on the speed-swimming workout.

### **Swimming Pool Operators Course**

This course will be of interest to all persons involved in daily operation or maintenance of a swimming pool. The course covers various types of pool filters, pool water chemistry and swimming pool disinfection.

### **CPR/AED/First-Aid Courses**

#### **CPR-C/Standard First-Aid**

This 10 hour program provides certification in CPR-C/Standard First-Aid. The 6 hour recertification program is offered in order to maintain a current CPR/FA award. Both programs are offered as a blended learning format. An online piece needs to be completed prior to starting the course along with an in person session.

#### **First-Aid and CPR Instructor Course**

Participants will learn how to teach Red Cross courses from the babysitter level up to standard first aid and child care first aid in this 40 hour program. Candidates must be 18 years of age and have a proof of a current Standard First-Aid and CPR-C.

Stroke improvement workout program designed for the older adult.

### **Please Note:**

Due to COVID-19, the following aquatics programming will not be offered during the Spring/Summer 2021 program season:

- Preschool/Kids Learn to Swim
- Adult/Teen learn to Swim
- Master/Jr Masters
- PAAL

Please continue to check the USask Rec website for updates.

# AQUATICS

## Leadership Programs

At USask Rec, you can become an Instructor or Lifeguard by completing either of the following two programs:

- The Canadian Red Cross Program
- The Canadian Lifesaving Society Program.

Steps to become a Lifeguard and/or Instructor



▼	Level 8 / Rookie*	▼
▼	Level 9 / Ranger*	▼
▼	Level 10 / Star*	▼
	CPR-C/Standard First-Aid	

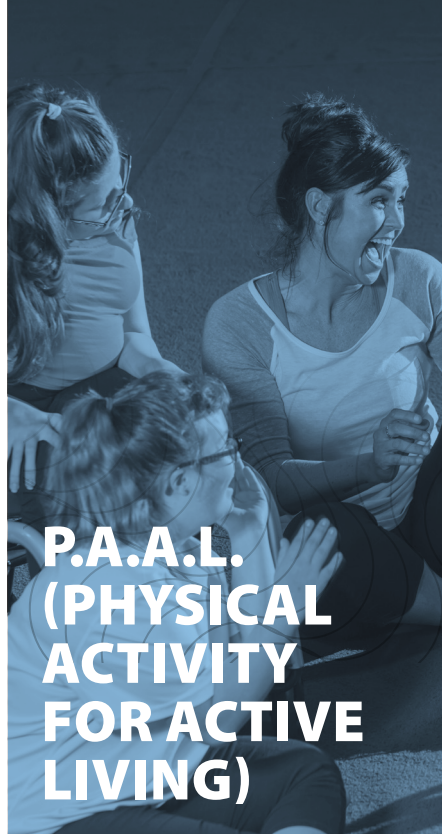


### Canadian Red Cross

### OR Canadian Lifesaving Society

Instructor	Lifeguard		Instructor	Lifeguard
<b>Water Safety Instructor</b> Prerequisites: 15 years of age AND one of: Red Cross Assistant Lifeguard, Bronze Cross	<b>Assistant Lifeguard</b> Prerequisites: 12 years of age AND Level 10		<b>Lifesaving Instructor/ Examiner</b> <b>Standards Clinic</b> Prerequisites: 15 years of age and Bronze Cross or NLA	<b>Bronze Star</b> Prerequisites: Level 10 Star Patrol (recommended)
	▼			▼
	<b>Lifeguard*</b> Prerequisites: 15 years of age and Assistant Life- guard or Bronze Cross AND CPR-C/Standard First-Aid			<b>Bronze Medallion</b> Prerequisite: 13 years of age or Bronze Star
				▼
				<b>Bronze Cross</b> Prerequisite: Bronze Medallion
				▼
				<b>National Lifeguard Award</b> Prerequisite: 15 years of age AND Bronze Cross AND CPR-C/Standard First-Aid





## P.A.A.L. (PHYSICAL ACTIVITY FOR ACTIVE LIVING)

**PAAL** is a program for children, youth and adults with physical and/or intellectual challenges. The goal of the program is to provide a variety of physical activity experiences with an emphasis on fun, skill development, and social interaction. There will be a modified alternative activity provided for those who are unable to participate in any of the following activities. For more information please call Kim Jones 306-966-1003.

### Please Note:

Due to COVID-19, and the complexity of the PAAL Program, PAAL will not be offered during the Spring/Summer 2021 program season. Please know that the PAAL program is an integral part of the College of Kinesiology and we will work hard to ensure its return, respecting the COVID-19 guidelines. Please continue to check the USask Rec website for updates.



## CAMPUS REC CLUBS

**Experience Campus Rec Clubs – there's something for everyone.**

**Yoga  
Karate  
Kayaking  
Triathlon**

**Campus Recreation** clubs provide an opportunity for students, faculty, staff and others from the campus community to participate in activities throughout the year that might not otherwise be available on campus. Each club operates independently; some more social groups with very little structure, while others operate in a more formal setting.

Most importantly, our clubs provide a fun, social environment for those with similar recreational interests.

For more information or to register, visit [campusrec.usask.ca](http://campusrec.usask.ca) or call 306-966-1040.



## CHILDREN'S ACTIVITY CAMPS

A variety of different sports and activities are offered to provide children with an opportunity to learn new skills in a safe, fun, non-competitive environment. The emphasis in the camps is to have fun, meet other children, and become physically active. The **Children's Activity Camps** are weeklong, full day camps for children ages 5 to 12.

Camps run from 9:00am - 4:00pm, with lunch supervision provided for children staying all day. Please note although lunch supervision is provided – children must bring their own lunch.

Due to COVID-19, there will be no extended hours for childcare.

### Summer Camps 2021

- Soccer
- Sports R Fun
- Games Galore
- Track and Field
- Racquet Sports
- and more!



## TUMBLEWEEDS

**Tumbleweeds** is a unique program with a specialized curriculum that benefits your child's social, physical and psychological health. The program provides a solid foundation of physical literacy and cognitive tools to promote an active lifestyle as children mature.

Children will have a great time progressing through friendly and non-competitive classes designed to provide increased skill development, allowing kids to have fun while focusing on achievement at their own pace.

### Please Note:

Due to COVID-19, Tumbleweeds will not be offered during the Spring/Summer 2021 program season.

Please continue to check the USask Rec website for updates.



## HUMAN PERFORMANCE CENTER

### Personal Training

Personal training is one of the best means to help you effectively achieve your goals. Whether you need assistance with motivation, sport-specific conditioning, weight loss, or simply want to maintain or improve your overall health, our personal training program can do just that.

### Athlete Training

Offered year-round, this training program is designed for athletes of all sports and those motivated individuals looking to take their physical abilities to the next level. Training sessions will focus on exercises that will improve mobility, core stability, whole body efficiency and strength, all while preventing sport-related injuries.

### Fitness Assessment

Regardless of your current level of fitness or your goal, we have an assessment for you. Our experienced training staff of CSEP—CPTs and CEPs—will determine which is the appropriate evaluation to ensure you get the information you are looking for.

### POPAT/PARE/COPAT/SOPAT Training

Considering a career in law enforcement or protective services? If so, you will need to pass a physical abilities test designed to replicate a chase, a fight and a carry to safety. If not properly prepared, these types of tests may be the only obstacle refraining you from pursuing your career in law enforcement and protective services.

Find us on Twitter

🐦 @UofSHPCcoach



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

KINESIOLOGY.USASK.CA

Programs are community-focused and many are open to the public. We look forward to seeing you this Spring and Summer!

**[rec.usask.ca](https://rec.usask.ca)**

BE WHAT THE WORLD NEEDS