



ACTIVITIES AND PROGRAMS

FALL AND WINTER 2025-2026



UNIVERSITY OF
SASKATCHEWAN

USask Rec and the College of Kinesiology are excited to welcome back our patrons to our recreation programming for Fall and Winter 2025 - 2026. 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 Fall and Winter 2025-2026.

Register at beactive.usask.ca

Refund Policy

Before the program begins:

- 100% of the program fee less a \$30 processing fee will be provided if notice of withdrawal is received more than 7 business days prior to the start date of the program.
- 50% of the program fee will be refunded if notice of withdrawal is received 7 business days or less prior to the start date of the program.
- A \$20 transfer fee will be charged if you choose to transfer to another program or date.

After the program begins:

- No refunds or credits will be issued on or after the start date of any program except for medical reasons (doctor's note required).
- Refunds/credits are not given for any classes you choose not to attend.

Non-attendance does not constitute as notice of withdrawal.

If you have questions or concerns, please contact usaskrec@usask.ca or 306-966-1001.

MEMBERSHIPS AND FIT CENTRE

Memberships

Our Full Access Membership and daily passess to the Physical Activity Complex (PAC) and Education facilities are open to everyone including the USask community and the general public. For more information on memberships and what is included, [click here](#).

Membership conditions and policies:

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

All memberships are non-transferable and non-refundable.

Fit Centre and Fitness Loft at ED

Our fitness 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. NEW in 2023, the Fitness Loft at ED offers all members the chance to be active in an additional 2,500 sq ft facility.

K. W. Nasser Courts

USask Rec is excited to welcome members to the newly renovated, [K. W. Nasser Courts](#) at the Education Building.

Thanks to a generous donation by K.W. Nasser to the University of Saskatchewan, our courts have been refurbished.

The K. W. Nasser Courts can now be used for tennis, pickleball, futsal, basketball, and fitness.

Please be respectful of the [rules](#) for the courts.

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.

For more information on the rock wall, [click here](#).

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 and can be booked online at beactive.usask.ca.

**UNIVERSITY OF SASKATCHEWAN**

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- Free Delivery or Curbside Pickup
- Waived Service Fees (\$45 value)
- 20% Accessory Discount
- Get up to \$600 when you trade in your old device.



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.

Find us on Twitter

 @UofSHPCcoach

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/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.

Health Sciences Association of Saskatchewan

NUTRITIONISTS EXERCISE/CONDITIONING THERAPISTS
HEALTH EDUCATORS EMERGENCY MEDICAL DISPATCHERS SOCIAL WORKERS
GENETIC COUNSELLORS
PUBLIC HEALTH SUPERVISORS OCCUPATIONAL THERAPISTS ORTHOTISTS
SPEECH LANGUAGE PATHOLOGISTS
MUSIC THERAPISTS AUDIOLOGISTS CHILD LIFE THERAPISTS
RESPIRATORY THERAPISTS ANESTHESIA ASSISTANTS
PSYCHOMETRICIANS MENTAL HEALTH THERAPISTS



INFECTION CONTROL PRACTITIONERS PARAMEDICS PHARMACISTS
RECREATION THERAPISTS
MIDWIVES ADDICTIONS COUNSELLORS DENTAL THERAPISTS DIETITIANS
ASSESSOR/ COORDINATORS PROSTHETISTS PHYSICAL THERAPISTS
PUBLIC HEALTH INSPECTORS
PERFUSIONISTS PSYCHOLOGISTS EPIDEMIOLOGISTS
ORTHOTISTS

A union of health care professionals



AQUATICS

SWIM LESSONS

Visit rec.usask.ca/activities/swim/lessons.php to find a swimming lesson level appropriate for your child.

Lifesaving Society Preschool Swim

The 8 level preschool program is designed for ages 4 months to 5 years.

Lifesaving Society Learn-to Swim

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

Private Swim Lessons

All lessons are offered at the PAC pool in either 4 or 5 lessons blocks.

Lane Swim

Participants must be able to swim 25 metres comfortably.

Open Swim

Designed for families with no designated lanes. Parent or guardian must be in the water with children at all times.

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.

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.

Babysitter First Aid

A Red Cross program designed to provide First Aid training to youth who intend to provide Babysitting service.

AQUATICS

Leadership Programs

At USask Rec, you can become an Instructor or Lifeguard by completing the following Canadian Lifesaving Society's Instructor and Lifeguarding Programs.

Steps to become a Lifeguard and/or Instructor




Bronze Family (Bronze Star, Bronze Medallion and Bronze Cross)	Bronze classes prepare participants who are wishing to become Lifeguards for the National Lifeguard Award (NLA)	
	Bronze Star Prerequisites: Star Patrol	The pre-Bronze Medallion training standard
	Bronze Medallion Prerequisite: 13 years of age or Bronze Star	Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education
	Bronze Cross Prerequisite: Bronze Medallion	
National Lifeguard Award (NLA)	Prerequisite: 15 years of age and Bronze Cross and CPR-C/Standard First-Aid	Prepares participants who are wishing to become Lifeguards for the National Lifeguard Service (NLS).

Instructor

Lifesaving Instructor/Advanced Instructor/Exam Standards (LSI)	Prerequisites: 15 years of age and Bronze Cross or NLA
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**CLICK HERE FOR
MORE INFORMATION**



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

PAAL is a program for individuals of all ages who are experiencing physical and/or intellectual disabilities. Our mission is to provide quality physical activity with an emphasis on fun, skill development, and social interaction.

Child/Teen PAAL

Child/Teen PAAL is a program for children and youth ages 5-18 who are experiencing physical and/or intellectual disabilities. Each participant has 1-2 volunteers who assist them through the instructor-led group and individual activities.

PAAL Fitness

PAAL Fitness is a program for adults who are experiencing physical and/or intellectual disabilities and are 18+ years of age. This program focuses on promoting physical fitness through aerobic exercise, muscular strength, endurance, and flexibility, along with building meaningful social connections. Exercise programs are created for the participants which are individualized and adapted throughout the term to meet their goals. Each participant has 1-2 volunteers who assist them throughout the workouts.

For more information please email usaskrec.aquatics@usask.ca



CAMPUS REC CLUBS

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

**Swing Dance
Karate
Kayaking
Triathlon
Esports**

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 rec.usask.ca/campus-rec 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, 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 and half day camps for children ages 5 to 12.

**We look forward to seeing you and
your children at our February Break
2026 Children's Activity Camps!**

Camps run from 8:30am - 4:30pm, with lunch supervision provided for children staying all day. Please note although lunch supervision is provided – children must bring their own lunch.



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.

Age groups:

Teeny: 18 months to 3 years old

Tiny: 3-4 years old

Mini: 4-5 years old

Mini Max: 5-6 years old



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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 Fall and Winter!

rec.usask.ca



Download the USask Rec app in the App Store today!

BE WHAT THE WORLD NEEDS