



SPRING AND SUMMER 2025

ACTIVITIES AND PROGRAMS



UNIVERSITY OF
SASKATCHEWAN

USask Rec and the College of Kinesiology are excited to welcome our patrons to our recreation programming for Spring and Summer 2025. 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 this Spring and Summer 2025.

Register at beactive.usask.ca

CHANGES TO PARKING ON CAMPUS

The University of Saskatchewan is making changes to visitor parking on campus. As a result, USask Rec will no longer provide our swimming lesson patrons with parking passes as of April 28, 2025.

With this change, USask Rec and Parking Services worked to improve parking accessibility to all visitors to campus.

Effective April 28, 2025 all campus visitors will enjoy the first hour of parking on campus for only \$1.00 in Lot 4 and the Stadium Parkade.

For more information on visitor and daily parking (locations, rates and hours) please visit parking.usask.ca

MEMBERSHIPS AND FIT CENTRE

Memberships

Memberships to the Physical Activity Complex (PAC) are available to everyone and can be purchased in PAC 222 or the Customer Service Desk outside of the Fit Centre. USask students who have paid the recreation fee have a membership to the PAC.

Memberships give you access to:

- Fit Centre
- Fitness Loft at Education
- Fitness classes
- 40 ft. indoor climbing wall
- 200m. Indoor walk/jog track
- 4 squash/racquetball courts/table tennis courts
- lane and family swims at PAC and Education Pool
- Open gym times (basketball, volleyball, badminton)
- Equipment rentals (racquets, racquetball goggles)

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

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.

Hours of operation

Monday - Friday	6:30 am - 10:30 pm
Saturday - Sunday	8:00 am - 9:00 pm

Climbing 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.

Hours of operation:

Monday - Friday	12:00 pm - 9:30 pm
Saturday - Sunday	10:30 am - 9:00 pm

Family Climb (adult and child)

You can learn to safely belay your child while your child gets comfortable on the wall. Please note that there is a one-time orientation fee and you will be required to pass a belay test to belay your child.

Youth Climb

Ages 14-17

Learn the basics of climbing including tying in, belaying and safety procedures on the wall. Please note that there is a one-time orientation fee and you will be required to pass a belay test to belay a friend.

Hours of operation

Saturday - Sunday	10:30 am - 3:00 pm
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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.

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 12 months to 5 years.

Parent and tot: Level 1 - 3 (1 to 3 years old)
Preschool: Level 1 - 5 (3 to 5 years old)

Lifesaving Society Swimmer

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

Swimmer 1 to 6

Lifesaving Society Patrol

This 3 level program is designed to prepare swimmers for the Bronze level awards.

Rookie/Ranger/Star

Private Swim Lessons

All lessons are offered in either 4 or 5 lessons blocks, a half hour in duration.

Lane Swim

Participants must be able to swim 25 metres comfortably.

Open Swim

Designed for families.

There are no designated lanes available during open swim.

Parent/Guardians **MUST** be in the water with the children.

Children under the age of six, **MUST** be within arm's reach of a parent/guardian and we encourage a 1:1 parent/guardian to child under the age of six swim ratio

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. This program is offered as a blended learning format. An online piece needs to be completed prior to starting the course along with an in person session.

The 8 hour recertification program is offered in order to maintain a current CPR/FA award.

This program is offered as a in person program only, no online component.

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. Must have completed grade 5 or be 11 years of age.

AQUATICS

Leadership Programs

At USask Rec, you can become an Instructor or Lifeguard by completing the Canadian Lifesaving Society Program.

Steps to become a Lifeguard and/or Instructor



▼	Rookie*	▼
▼	Ranger*	▼
▼	Star*	▼
CPR-C/Standard First-Aid		



Canadian Lifesaving Society

Instructor

Lifesaving Instructor/ Examiner

Standards Clinic
Prerequisites: 15 years of age and Bronze Cross or NLA



Lifeguard

Bronze Star

Prerequisites: Level 10 Star Patrol (recommended)

▼

Bronze Medallion

Prerequisite: 13 years of age or Bronze Star

▼

Bronze Cross

Prerequisite: Bronze Medallion

▼

National Lifeguard Award

Prerequisite: 15 years of age AND Bronze Cross AND CPR-C/Standard First-Aid

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

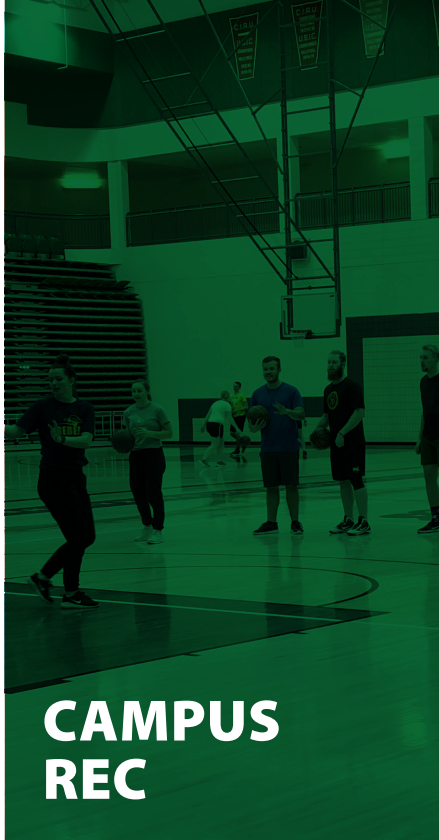
PAAL is a program for children, youth and adults with physical and/or intellectual challenges. The goal of the program is to provide a variety of physical activity experiences with an emphasis on fun, skill development, and social interaction. There will be a modified alternative activity provided for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

PAAL Camp 2025

The PAAL Camp is a designed for children and youth between the ages of five and 17 who are visually and/ or hearing impaired, physically and/or developmentally delayed

The camp provides many opportunities to be physically active, socialize with others, work on skill development and have lots of fun in the sun.

Volunteers will assist the participants through the various activities during the week, which include soccer, golf, tennis, track and field, swimming, nature hikes and grass games.



CAMPUS REC

Experience Campus Rec – there’s something for everyone.

Campus Recreation offers students and staff the opportunity to participate in a variety of sports and recreational activities.

If you enjoy socializing and meeting new people while being physically active then Campus Rec has the perfect experience for you. For more information or to register, visit campusrec.usask.ca or call 306-966-1040.

- Intramural Leagues
- Rec Clubs
- Learn-to’s
- Esports
- Employment
- and more!



CHILDREN’S ACTIVITY CAMPS

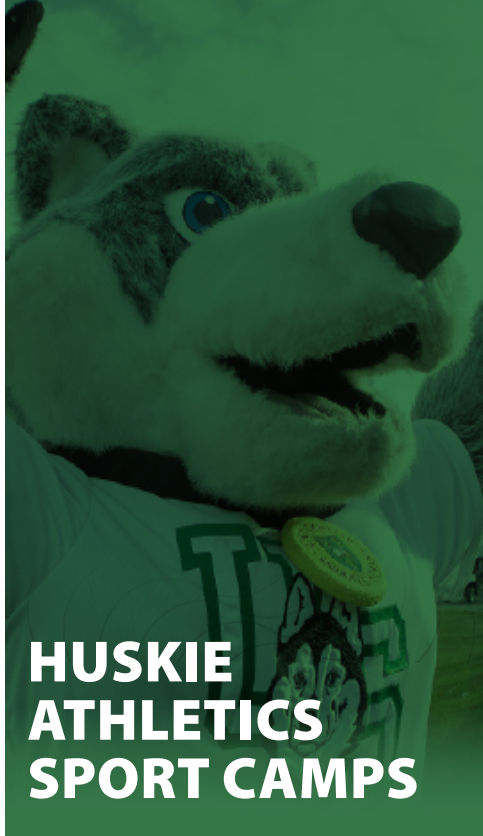
A variety of different sports and activities are offered to provide children with an opportunity to learn new skills in a safe, fun, non-competitive environment. The emphasis in the camps is to have fun, meet other children, and become physically active. The **Children’s Activity Camps** are weeklong,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

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.

There is extended hours for childcare available for an additional cost.

Summer Camps 2025

- Soccer
- Sports R Fun
- Tiny Talent (*NEW*)
- Track and Field
- Racquet Sports
- Water Mania
- Inline Skating
- Mountain Biking
- and more!



HUSKIE ATHLETICS SPORT CAMPS

Huskie Athletics offer a variety of camps to young athletes that want to learn more about or further develop their skills in a particular sport. Huskie head coaches and athletes design the curriculum and lead the instruction at all camps. These coaches and athletes are known throughout the province and country for their skills and sport knowledge.

All camps are designed with a coach to athlete ratio of 10 to one or better to ensure that proper attention is given to each athlete, and proper instruction can be given when it comes to athlete skills, techniques and gameplay.

Summer Sport Camps 2025

- Hockey
- Volleyball
- Soccer
- Flag Football
- Track & Field
- Wrestling
- Basketball
- Multisport

Huskie Athletics Sport Camps presented by



SPRING AND SUMMER 2025



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.

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.



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.

Spring 2025

Mondays:

Teeny Weeds 4:00 – 4:45PM

Tiny Weeds 5:00 – 5:45PM

Tiny Weeds 6:00 – 6:45PM

Tuesdays:

Teeny Weeds 5:00 – 5:45PM

Teeny Weeds 6:00 – 6:45PM

Tiny Weeds 7:00 – 7:45PM

Wednesdays:

Teeny Weeds 5:00 – 5:45PM

Tiny Weeds 6:00 – 6:45PM

Mini Weeds 7:00 – 7:45PM

Saturdays:

Teeny Weeds 9:30 – 10:15AM

Teeny Weeds 10:30 – 11:15AM

Tini Weeds 11:30 – 12:15PM

Mini Weeds 12:45 – 1:30PM

Mini Max. 1:45 – 2:30PM

REGISTER AT [BEACTIVE.USASK.CA](https://beactive.usask.ca)



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



Download the USask Rec app in the App Store today!

BE WHAT THE WORLD NEEDS